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GRANITE VIEWS **FRED BRAMANTE**

All educators are heroes



Our country is overwhelmed by the heroism shown by the educators at Sandy Hook Elementary School who sacrificed their lives to protect the children in their school. While their names will be forever remembered for the ultimate sacrifice they made in performing their duties, had this happened at virtually any other school in America, the results would have been largely the same.

Educators are amazing individuals who are attracted to the profession, not for summers off, not for a generous benefits package, but because they love being around children, other people's children, your children. And with that love comes a burning desire to inspire them and help them grow to be adults who have the skills to contribute in our global society.

Too often, we hear unkind statements hurled at public education and our public educators, statements that are rarely aimed at firefighters or police officers. Maybe it's because it's so easy to see the dangers that our great fire and police personnel put themselves into every day that people are more hesitant to say hurtful things about them. My hope is that the Sandy Hook tragedy has demonstrated to all Americans what great heroes our educators are. Yes, we all knew that they want to keep our children safe, but maybe we didn't realize what lengths they would go to in order to protect somebody else's children. We didn't imagine them rushing, unarmed, toward a mad person with a semi-automatic weapon.

Many of us would like to think that we'd have done the same thing. Maybe some of us would have. I'd like to think that I'd have that kind of courage, but I'm not sure. What I am sure of is that our educators love our kids and, in ways, see them as their kids. To them, this is more than a job; this is personal.

The shame is that six of them sacrificed their lives and despite their heroism, 20 beautiful children died. But many other Sandy Hook Elementary School children are alive because of the sacrifices and efforts of the rest of the staff at Sandy Hook. Just know that, wherever you live in America, if this had happened in a school in your town, your educators would have reacted the same way, and we'd be praising them. I hope that one of the great lessons we learn from this tragic event is that, like firefighters and police officers, the educators in your schools are already heroes.



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John Alexander, MD, with his patient
Shawn at Medicine-Pediatrics of Nashua.



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NEWS & NOTES

Medicaid expansion

The state Department of Health and Human Services released the second phase of a report on the state possibly expanding its Medicaid population under the Affordable Care Act. Researchers found that expanding Medicaid would drop the number of uninsured residents by 24 percent by 2020. The report by the Lewin Group includes information on how the expansion would impact the state budget, the state economy, and the insurance industry, as well as providers.

Based on the U.S. Supreme Court's ruling on the Affordable Care Act, states have the option of expanding Medicaid coverage to individuals with incomes less than 138-percent of the federal poverty level. The state does not have to expand its program; there is no penalty for opting against it.

The first phase of the report revealed that expanding Medicaid would cost the state \$85 million from 2014 to 2020, but at the same time, the state would receive \$2.5 billion in federal funding during that time period. If the state does not expand Medicaid, about 93,000 people would remain uninsured from 2014 to 2020, while expanding would reduce that number to about 70,000, reports indicated.

Expanding the program would help the state gain about 5,100 jobs between 2014 and 2020, compared to about 4,400 new jobs without expansion, the reports said. Reports indicated hospitals would be hurt somewhat financially by the expansion. The report projects hospital revenue growth from 2014 to 2020, but overall hospital revenue would be greater by about \$45 million without expansion.

Shea-Porter appointed

U.S. Rep. Carol Shea-Porter was appointed to the House Natural Resources Committee. Shea-Porter will retain her seniority, as this will be her second term on the Committee.

"We must preserve our state and national resources and deal with global climate change," Shea-Porter said in a statement. "I look forward to being a strong voice for New Hampshire on this committee."

U.S. Rep. Ann Kuster was set

to serve on the House Veterans Affairs Committee and the House Agriculture Committee.

Train a-coming?

State Sens. Peggy Gilmour and Bette Lasky applauded the Capital Budget Overview Committee's approval of the state Department of Transportation's use of toll credits for a rail study of the state's capitol corridor.

"This is great news for the people of Nashua, who have been frustrated by the last two years of efforts to stop this study supported by citizens and businesses," Lasky said.

This passenger rail study will provide an alternatives analysis for rail and transit in the Lowell-Nashua-Manchester corridor, connecting New Hampshire's major population centers to Boston.

"The Capital Budget Overview Committee got this one right," Gilmour added. "Passenger rail isn't a Republican or Democratic issue, it's something that is supported by the people of Nashua."

Yankee gets McLean

Yankee Publishing recently announced it has acquired McLean Communications, which publishes New Hampshire Magazine, New Hampshire Business Review, Parenting New Hampshire, New Hampshire Home and a variety of custom publications. McLean will operate as a wholly-owned subsidiary of Yankee Publishing, which is based in Dublin, and will remain in its Manchester headquarters. Yankee Publishing publishes Yankee Magazine and *The Old Farmer's Almanac*.

"We are both New Hampshire-based publishing businesses," said Sharron McCarthy, who has been McLean's president and publisher for 18 years. "We share similar business philosophies, ethics and management styles. ... It's a natural fit. We're delighted to be part of a 77-year-old family-owned and operated company."

Terms of the sale were not disclosed.

Mill Falls info sessions

Mill Falls Charter School in Manchester, the state's first public Montessori school, is holding lottery information sessions to



Rep. Carol Shea-Porter set to sit on House Natural Resources Committee. Courtesy photo.

learn more about the Montessori method, the goals of the school and the school's lottery enrollment process. The school opened its doors this past September and has 93 students enrolled. In the 2013-2014 school year, the school will serve students from kindergarten to grade four. The school will expand in its first few years to include students through grade six. Information session will take place at the school, 100 William Loeb Drive, on Tuesday, Jan. 29, at 9 a.m.; Monday, Feb. 4, at 6 p.m.; and Saturday, March 2, at 10 a.m. Call or email 232-5176 or admissions@millfalls.org. Visit www.MillFalls.org

Lottery hits \$5 billion

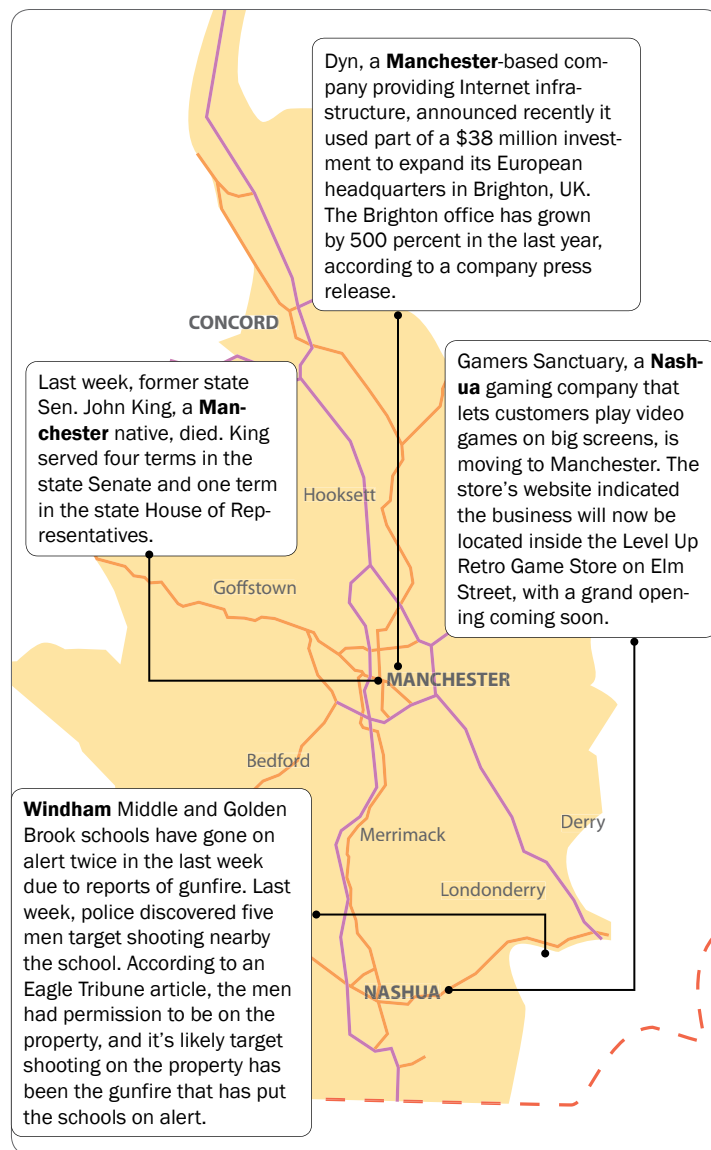
The New Hampshire Lottery recently reached a milestone, surpassing \$5 billion in lottery ticket sales since it began in 1964. Ticket sales for fiscal year 2013 have jumped 16 percent, compared to an 11-percent increase last year, according to a Lottery press release.

BEST WEEK



BEAVER BROOK ASSOCIATION

After a six-year effort, the Beaver Brook Association in Hollis is celebrating a conservation easement signing this week, which will put more than 1,800 developable acres into permanent conservation easement. The capital campaign, termed Beaver Brook Forever, has allowed much of the land owned by the nonprofit organization to be put under easements so that it can never be developed, according to the association. As part of the easement, the public can enjoy the land in perpetuity, and it is conserved for its natural resources: water, forest and wildlife.



"With last month's record Powerball jackpot and the improvements we've made to our instant ticket program, we are proud to say that lottery ticket sales continue to skyrocket — and especially did so over the holiday," said Charlie McIntyre, executive director of the New Hampshire Lottery. "Ultimately it's the school children of New

Hampshire that benefit the most, as the Lottery has contributed more than \$1.5 billion toward education since it began."

During the past two years, officials revamped the Lottery's Instant ticket program, with instant ticket sales overall accounting for about 70 percent of total lottery sales.

WORST WEEK



NURSING HOMES

A recent report, released by the American Health Care Association, revealed bad news regarding how the Medicaid program fails to fully pay providers caring for the country's most financially defenseless citizens. New Hampshire actually leads the nation in terms of daily rate shortfall, according to the report. The report projects that in 2012, Medicaid will pay nursing homes an average of \$57.38 per day less than it costs to care for a resident enrolled in Medicaid. Over the course of the year, this shortfall will amount to a loss of \$93,224,793 for New Hampshire care providers, the report said.

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Make way for the parkway

Broad Street Parkway in Nashua slated for 2014 completion

By Jeff Mucciarone
jmucciarone@hippopress.com

It's happening. The Broad Street Parkway is on its way.

The long-talked-about \$68.1 million project is coming to fruition. It will provide new and direct access from the Everett Turnpike to downtown Nashua, and, perhaps most notably, the city's underdeveloped millyard.

"It's a huge deal," said Nashua Mayor Donnalee Lozeau. "It's the largest municipally managed project in the state. And it's been a project that has been a long time coming. I think it has impacts ... on traffic, air quality and on economic development."

"It's a new gateway to downtown Nashua," said Thomas Galligani, the city's economic development director.

The city's millyard was established more than 100 years ago and took advantage of the location next to the river. Times have changed in the last 50 years and that's made its use less optimal for industrial purposes. Gradually, industrial companies have moved from inner city locations to right along highways. It's been a gradual process of repurposing, but it's left places like the millyard in Nashua underdeveloped, Galligani said. Places like Manchester and Lowell have seen their millyards gradually change to fit different uses, specifically office space or residential space.

"I look forward to getting it completed on my watch and having people see the benefit," Lozeau said. "I think once it's done, I think more people than not will be thinking, 'Oh geez, what took so long? We should have done this years ago.'"

Segments of the parkway have already been constructed. It's a surprise for some folks to find out construction has started because it's happening in areas that aren't often used by residents, if at all, Galligani said.

"It's progressing fairly well," said John Vancor, vice president and principal engineer at Hayner/Swanson, a private engineering firm contracted by the city to help manage the project.

The project is about 70 percent of the way through the roadway design, Vancor said.

The plan is for the project to be completed in 2014. Lozeau figured the only thing that might throw that goal off would be how the bridge development plays out, since that's the most complicated part.

"I guess it's a double-edged sword," Lozeau said of managing the project. "On the one hand, it's a remarkable thing to be a part of, but you're also holding your breath

Saving the chimney

One piece of the Broad Street Parkway puzzle that has been tricky is the millyard chimney. It's a landmark of sorts, standing about 180 feet tall. It's right in the heart of the millyard, said John Vancor, of Hayner/Swanson, an engineering firm managing the project.

The chimney was previously used to generate steam, when mills were in operation. Part of the project involves keeping the chimney, as the parkway would flow adjacent to it. Officials have found it a complicated and potentially costly process to rehabilitate the chimney, Vancor said. The city has had the chimney evaluated and received input on how to fix the chimney, but there were problems with meeting building codes. There are also concerns the chimney, with its square shape, might not be sufficiently wind resistant, Vancor said.

"It made us take a step back and try to figure out what the best course of action for the chimney is," Vancor said, adding there are several ideas in play for reinforcing the chimney, but so far, officials don't have a handle on cost. "All parties are concerned it could be cost-prohibitive. I think everybody wants it to be the original 180 feet."

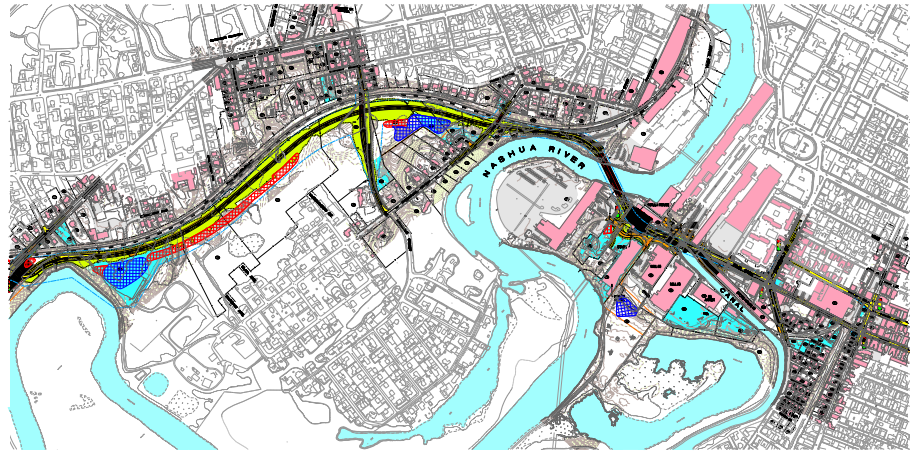
City officials decided to solicit proposals for how to deal with the chimney. The city received a proposal but officials were concerned the proposal did not meet all requirements in the contract. Now officials are working with the Federal Highway Administration to determine whether it can work with the current bid or whether it needs to go back out to bid. "Until we make that decision, we still don't know where all the costs will come in," Vancor said.

along the way with the direct work to make sure it all comes in the way it's intended. We don't want this to be last project the city does. I have faith in my staff, in the work plan. I think we are going to deliver this as we should."

Envisioning the future

The parkway, which will be a single lane in both directions, begins at Broad Street at Exit 6 off the Everett Turnpike. It will come off a new signalized intersection before the train tracks, follow the tracks, dive beneath Baldwin Street, continue along the tracks, dive beneath Fairmont Street, peel away from the tracks and go over the river on a new bridge before touching down in the millyard and tying into Pine Street. The project involves multiple bridge constructions.

"I think it's hard for people to visualize



Construction of the Broad Street Parkway is on schedule and under budget. Image courtesy of the city of Nashua.

right now, even those who have looked at the route, because it goes through areas that are not that accessible," Galligani said.

Lozeau said her sense was the majority of residents are on board.

"It's been discussed in many campaigns both for mayor and alderman," Lozeau said. "I know there are differing opinions. Any project of this size, there are going to be people who are in favor, people who are opposed and people in the middle. Overall, I think most people are happy and excited about the idea."

The Millyard Technology Park is expected to see a boost from the improved access.

"It's a nice property there and they're really transforming that building," Galligani said. "It's really a cool office complex with a lot of character and small companies. There is a lot of energy over there. They are keenly aware that as the Parkway crosses the Nashua River, it's going to empty people right out there."

Lozeau said the parkway should also help out the former Thimble Door property and the former Mohawk Tannery.

The project should alleviate some traffic issues downtown. Vancor said the project should not create new demand, but would help existing traffic flow.

The project was once advanced as a four-lane roadway with a landscaped median in the middle, Vancor said.

"The scale was quite a bit bigger then," Vancor said.

In 2003, local officials began to look at the scale of the project. Officials and the public ultimately decided a four-lane parkway was too much, particularly given concerns over potential impacts to city neighborhoods.

That's when the city took over management and worked with the state Department of Transportation and the Federal Highway Administration to scale back the project to one lane in each direction.

"It was really an effort to respond to local concerns," Vancor said.

Money and progress

There are two numbers people talk about when referring to the cost. The figure \$82 million was the total estimated project cost from the days when DOT was the manager, when it was a four-lane project. The \$68.1 million is the total estimated cost of the project now that the city is managing it as a two-lane roadway.

Vancor said the latest projections, which are revised monthly, put the total project costs at \$64.4 million.

"Month to month, we're at a point, where the number isn't changing a lot now," Vancor said.

In 2008, the city voted to approve bonding with a maximum amount of \$37.6 million. Initially, \$42 million in federal funds were allocated for the project. In 2008, when the project was pared down, \$30.5 million in federal funds remained in federal funding. That's why the city might need to bond as much as \$37.6 million, Vancor said.

There are still some property parcels to be acquired and those acquisitions take time. DOT is monitoring that piece of the puzzle, since federally funded projects come with strict regulations pertaining to acquiring right of way property. If the project managers and the city cannot come to agreement on acquiring certain pieces of property, property can be taken by eminent domain, Vancor said.

Vancor said the plan is to advertise the next big roadway contract by the end of May. That contract would be for building a significant portion of the parkway extending past Baldwin Street, which would involve bridge construction.

"That's the next big thing," Vancor said.

A balancing act

Lawmakers weigh potential revenues and expenditures

By Jeff Mucciarone
jmucciarone@hippopress.com



With still-dwindling state revenues, Democrats have their work cut out for them with impending budget negotiations, where they'll likely find challenges realizing their campaign trail promises.

That includes increasing funding for the state's university system, which saw its funding cut dramatically in the last two-year budget. Every decision to increase spending in one area comes either at the expense of another, or in the form of new revenue. Other than expanding gaming, new revenue equals taxes, and Gov. Maggie Hassan hasn't indicated she's willing to even consider the taxes option.

"Revenues are the big question, not just from existing sources, but also how previous changes were implemented, as well as possible sources of new revenue, which would look largely at ... gambling," said Steve Norton, executive director of the New Hampshire Center for Public Policy Studies.

The legislature made some changes to the Business Enterprise Tax and the Business Profits Tax as to how taxes are carried over — the result is expected to be \$25 million to \$30 million less in revenues tied to those types of changes, Norton said.

Striking a conservative tone right off the bat, Hassan, who will make her budget proposal next month, has already asked department heads for a 3-percent reduction in budget proposals from current levels.

"Two years ago, I thought the next governor would be presiding over a recovery," Norton said. "While that's true, it's not true to the extent to which it could be. The only place Gov. Hassan has shown any willingness to think about revenues is gaming. Whether the House and Senate agree is another issue entirely."

Hassan has spoken in favor of expanding

gaming at one institution, many expecting that to be Rockingham Park.

Gambling could be a big piece of the puzzle if lawmakers are looking for ways to increase spending in areas that were cut particularly deeply in the last two-year budget. Norton expects a lot of attention to be paid to projected revenues from expanding gambling, and just how realistic those expectations would be.

"That's kind of the point, watching how these budget decisions turn into long-term economic well-being," Norton said. "In a world of scarce resources, should you invest anything additional in the university system or Health and Human Services or tax relief? What can we realistically expect in return?"

Norton said his Center's projections suggest there will be 1.5-percent growth in revenues for the next two fiscal years.

"That's better than a reduction, but it's not consistent with even the basic cost of living increases one might expect that are necessary for running a business," Norton said.

On the positive front, the state Department of Health and Human Services is expected to have a roughly \$25 million surplus, which could at least partially offset lost revenues in other areas. That surplus is tied largely to caseloads not growing as quickly as anticipated, Norton said.

"I think the fight is going to be, if there is a surplus, will it go to [Health and Human Services] programs or to fill other programs elsewhere," Norton said.

During the recession and to help balance the state budget, legislators suspended about \$50 million worth of state aid typically directed to communities. Norton said one of the big questions is whether the legislature will continue suspending that aid. It's sort of a sleeper issue, he said. But it's also one that is central to how communities operate. They've been footing the bill themselves in areas tied to that state aid in recent

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NEWS & NOTES Q&A

Global pedaling

Hear first-hand account of a bike trip around the world

Denis Beaudry spent this past summer cycling 9,623 miles around the world. Beaudry will share his stories, photos and travel tips at the Amherst Town Library on Tuesday, Jan. 22, at 7 p.m. He began his journey in Spain, cycled through Europe to Kazakhstan, cycled 2,200 miles in China and biked from San Francisco to Massachusetts. Beaudry took five days off during the 121-day journey.

Q: *How would you describe the trip?*
I would describe it, obviously it was a once-in-a-lifetime thing, because it takes the time and the money and the opportunity. Those three things have to come together, along with health.

What kind of planning did you do to make this work?

Everything in life is about time and money. Once you have enough time and money, you can start the process. So that's immunizations, visas, and then you have to look at the map carefully. In this day and age, an American isn't really free to travel just anywhere, so the route was important too.

What made you start thinking about going on a bike trip around the world?

Over the years, my bike journeys have gotten progressively longer, so my experience helped, and my fitness level helped. A couple years ago, I started researching very long-distance trips. Again, looking at a map, the big landmass of Europe and Asia — if I go across that, how far is that?

What types of challenges did you encounter?

Before I left, I had Googled different topics, such as 'cycling in southern Russia' ... 'Cycling in Kazakhstan,' I hadn't come up with a lot of success stories. It's the ninth largest country in the world and 90 percent of it is desert.

And then it was?

When I finally reached Kazakhstan and a major city, I made the decision to take a two-day train ride, 1,500 miles across the desert to the eastern side of Kazakhstan, where I resumed my bike trip.

What are you taking away from the experience?

One of the questions that is asked of me all the time, 'did I fear for my safety?' I assume that they meant, was I in fear of my fellow man? The truth was, my fellow man was no match for Mother Nature. I was OK in the bus stops in China, the trucks tops of China. I was OK in the \$5 hotel rooms in Kazakhstan. I feared for my life during the sandstorms in the deserts of Kazakhstan.



Denis Beaudry reaches a milestone. Courtesy photo.

Where did you sleep?

I had a tent and a sleeping bag and I was on the road 121 days and I believe I slept outside 50 to 60 days.

What was your favorite part of the trip?

Europe is simply fascinating and easy to ride, and I had no issues. It's just made for cyclists.

Did you have any mechanical issues?

Yeah, as I got closer to Shanghai, I was out of tubes and out of tires. And I was in need of a serious bike tune-up. I finally limped into Shanghai, knowing that when I got over the Pacific Ocean I could take care of my bike issues.

What was your favorite part of cycling in the U.S. portion?

I was kind of shocked at how difficult it was once I got up into the Sierra Nevadas and I didn't come out until Fort Collins, Colo. — that stretch of mountains, essentially high desert for 700 or 800 miles, it was really, really difficult.

How did you keep in touch with friends and family?

I brought my laptop, which amazingly, I got a signal almost every day. Even in the deserts in China ... I also bought a Euro-phone in Spain, a mobile phone in China.

[Beaudry said even as the trip ended, he was still feeling good physically.]

I did not drop dead in the driveway, even after averaging 80 miles per day. I did drop dead three days later, but not that day. ... I was still in really good shape... Once you unwind, then it all hits you, and I psychologically and physically fell apart.

— Jeff Mucciarone



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NEWS & NOTES

QUALITY OF LIFE INDEX

Flu on the rise in NH

The state Department of Health and Human Services is reporting a jump in influenza-like illness across the Granite State this season. It's indicating a more severe flu season than in recent years. The department is encouraging anyone who is 6 months of age or older who has not yet received this year's flu vaccine to get vaccinated. The state has seen 14 influenza-related deaths so far this flu season. The state's Public Health Laboratories have tested 408 specimens, and 238 were positive for influenza. Many hospitals around the State are also reporting an increase in people seeking treatment for flu-like illnesses.

QOL Score: -2

Comment: "The amount of illness we are seeing here in New Hampshire," said state Public Health Director Dr. José Montero, "is not yet to the point of alarming. However, it is cause for serious concern."

Keep smiling, New Hampshire

The Pew Children's Dental Campaign released reports grading all 50 states and the District of Columbia on children's dental health, relying on eight evidence-based policies that cover prevention, financing and workforce issues. These grades were based in four categories: (1) Having a sealant program in high-need schools; (2) Allowing hygienists to place sealants in school-based programs without requiring a dentist's exam; (3) Collecting data regularly about the dental health of school children (4) Meeting national health objective on sealants. New Hampshire was one of just five states to receive an A.

QOL Score: +1

Comment: Ever hear that Maine joke about how it makes sense for them to call it a "toothbrush," but everyone else should call it a "teeth" brush? Well, they got an A, too.

Oldest furniture store in New England closes

C.A. Hoitt Furniture is the oldest existing furniture store in New England, according to WMUR, but after a century of business, the president has decided that it's time to retire. The store first opened on Elm St. in 1880, when horse and buggies brought customers to the store, and since then, has been owned by three different families. A combination of economic factors played into this decision, said Brian Longo, president of the store.

QOL Score: -1

Comment: There is no final day set yet.

QOL score: 52

Net change: -2

QOL this week: 50

What's affecting your Quality of Life here in New Hampshire? Let us know at news@hippopress.com.

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50

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SPORTS DAVE LONG'S LONGSHOTS



Patriot wins keep New England happy for another week

The Patriots turned back the Texans 41-28 on Sunday in a game that wasn't that close but got scary in the end because NFL coaches still haven't gotten the memo that the only thing the prevent defense prevents is teams from winning. A coaching choice turned a 38-13 runaway into a scary 38-28 ballgame before the trusty and totally unsung **Rob Ninkovich** came up with an onside kick that looked like disaster after a bounce off — who else — Pat Chung and was free before he came up with it.

Not that it didn't have its very good moments — like the offense really playing well thanks to the usual suspects, and others who stepped up, like **Shane Vereen** after losing **Danny Woodhead** and **Rob Gronkowski** in the first two series. But there was the awful kick-off coverage, and we can only thank **Devin McCourty** for pulling a **Benjamin Watson** and running down **Danial Manning** to prevent a Houston TD. But they did win, and as they say, a win is a win.

That capped off a fantastic weekend of football after a rather lackluster wild card weekend with tremendous games, unbelievable finishes in Denver and Atlanta and a few amazing performances. So as we move on to the conference title games weekend, here are the biggest stories of the playoffs so far.

What Were the Redskins Thinking? Raise your hand if you knew **Robert Griffin III** was hurt during the Redskins game with Seattle 10 days ago. Given his sensational promise, what in the name of **Randall Cunningham** could **Mike Shanahan**, the team doctor, owner **Dan Snyder** and RG himself been thinking of by leaving THAT guy in the game when it was obvious he couldn't plant and cut? And then the worst case happened — he crumbled to the

ground without being touched with a (re) torn ACL and a torn LCL that probably will have him out well into next season.

At Least Denver Won a Playoff Game When Tim Tebow Was the QB: Watching Denver go down in excruciating fashion (a bonus) was like watching the Yankees go down after trying to buy their latest World Series title because they can. I thoroughly enjoy seeing **John Elway** get it stuffed down his throat after dumping **Tim Tebow** the way he did, in favor of **Peyton Manning**. You can't blame him for the decision, as there isn't a person on the planet, outside of Tebow's family, who wouldn't. Still I never felt there was sufficient appreciation for what he did there for Denver, even with all those end-over-end passes.

So here's their Denver playoff tallies: Tebow — 1 overtime win and 1 loss, 2 TD passes, no interceptions, no fumbles, 319-yard passing game, 50 rushing yards and 1 rushing TD. Manning — 1 overtime loss, 3 TD passes, 3 turnovers, 293 passing yards, -1 rushing yards, no TDs. Plus one of his picks went back for a Baltimore score and the other handed them the game-winning field goal. So it turned out like a typical Tebow game with Denver — totally lopsided all year for the Manning decision, until the end when his replacement coughed it up and the bottom line tilts back to Tebow.

The QB Decision: I feel for **Alex Smith**, because unlike **Drew Bledsoe** in 2001, he was playing well, and so was the team when he went down with the decision that put **Colin Kaepernick** in as QB for the 49ers. But after seeing him destroy Green Bay on Saturday, Harbaugh's semi-controversial decision ain't controversial anymore. In going for 178 rushing yards, it was the greatest running performance by an NFL quarterback I can remember. Maybe **Michael Vick**, **Greg Landry** or **Sammy Baugh** had a better one, but I don't remem-

ber seeing it. And now the question is — after knowing the read option is coming — can Atlanta stop it?

Bill Belichick is Now Off The Hook For Fourth and 2: Why in the name of **George Halas** was **Pete Carroll** passing on field goals on Sunday? He did it from the Atlanta 11 twice, first on fourth and 1 in the second quarter, down just 13-0, and didn't get it. Ditto on third down when he had no time outs and just 8 seconds left in the first half. That's a bitter pill to swallow when you lose by just 2 points after a tremendous Seattle comeback that got them a 28-27 lead with 33 seconds left.

A Harbaugh vs. Harbaugh Super Bowl: If it happens, we'll probably be sick of all the growing up together pillow fights and tree fort feature stories. And not that anyone around here wants to see it, but you've got to admit, with it a game away, the John and Jim story is pretty cool.

Brady vs. Manning: The way it ended in Denver shows why the answer to the who-is-better question is clearly Brady. Manning is the **Greg Maddux** of football, a guy with a spectacular regular season but just a below average 11-14 in the playoffs when it counted. For Manning it's 9-11 in the playoffs with eight one-and-outs, when he just seems to make the big mistake at the worst time. Not that Brady hasn't had his clunkers — Denver in '05 and Baltimore in '09 come to mind — but overall he's 17-6, which is the most post-season wins by any quarterback in history. It settles the argument for Brady once and for all. 🌩

Dave Long can be emailed at dlong@hippopress.com. He hosts *Saturday Morning Sports with Dave Long* from 10 a.m. to noon Saturdays on WGAM — The Game 1250-AM in Manchester and 900-AM in Nashua.

RGIII Goes Down With ACL and LCL Tears

By JJ. Truman

"Should he play, or is it too much of a risk?" were the questions going into games played by Robert Griffin III after spraining his right medial collateral ligament in a gruesome whiplash-like collision in December. The worst case happened in Washington's first playoff game when one of the NFL's brightest young stars in a decade went down with a tear of both his ACL and LCL. The lateral collateral ligament damage was a new injury in the back side of the knee, a less common tear than the MCL due its greater flexibility. The ACL tear was more complex, as it actually was a tear of the patella graft put there after first tearing the same ACL in college. To fix that type injury, a new graft is attached via screws affixed to a bone plug inserted into holes drilled into the tibia and femur bones to hold the graft in place to stabilize the knee.

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Sports Glossary

Randall Cunningham: First of the “he’ll never last ‘cause he’s gonna get killed” running QB’s in the Super Bowl era who lasted for 15 years as a dynamic force in Philadelphia and Minnesota, and later as a back-up in the end in Dallas and Baltimore. Not great, but he was Player of the Year in ’88 and ’90 and went to four Pro Bowls and seven playoffs.

Dan the fan Snyder: The Alex P. Keaton of football, who amasses enough dough to buy the Redskins and its holdings for \$800 million in 1999 at just 34. Dubbed the “Dan the fan” after over-involvement in the football activities side of his boyhood favorite teams led him to look like Steinbrenner on steroids by blowing through 7 coaches in 12 years on the way to a 97-111 overall record. But the future looked bright after the daring trade for RGIII until he blew out his knee last week when he shouldn’t have been playing.

Sammy Baugh: The full name was Sam Adrian Baugh, but he was Slinging Sammy Baugh back in the day when football players played both ways and on special teams too. And he did it better than everyone else, like in 1943 when he led the NFL in passing, interceptions and punting. He came in when the single wing — ancestor to the shotgun — was in vogue, so he was originally called a tailback, but that didn’t stop him from throwing 171 passes for 8 TDs that year. The position was the WB when he retired after the 1952 season. He was an eight time first team All-Pro, the all-time leader in TD passes with 184, had 31 interceptions and was part of the first class inducted into the Pro Football Hall of Fame in 1963.

Alex Smith: Former first overall NFL draft, likely headed to free agency having lost his starting QB job with the 49ers after a concussion Week 9. At the time the Niners were 6-2-1. In 7 games since, S.F. is 5-2 with replacement Colin Kaepernick.

SPORTS DAVE LONG’S PEOPLE, PLACES & OTHER STUFF

Big endings highlight hoop wins

Nick of Time Award: Ryan Otis for burying one from international waters with 32 seconds left to give Trinity a 56-54 last-second win over Rochester. And the contested buzzer beating 3 by Taylor Grande as time expired to make Bedford a 55-53 winner over Winnacunnet.

Sports 101: The Lakers’ Steve Nash became the fifth man to record 10,000 assists in NBA history. Who are the other four players?

Volume-Scoring Game of the Week: It goes to Goffstown’s Andrew Chretien for hitting the back of the net five times in G-Town’s fifth straight win, a 7-1 verdict over Timberlane.

Volume Team-Scoring Game of the Week: It goes to Central, who went on a second quarter 35-10 run to turn a 2-point game into a 73-48 runaway win over Londonderry as Troy Pelletier had a game-high 19 for the 6-0 Green.

One-Man Band Award: Goes to Brendan Sullivan, who led Manchester Memorial to a 4-2 over arch-rival Manchester Central on Thursday at JFK by scoring all 4 of the Crusader goals. And he didn’t

waste any time doing it either, as he scored twice within 13 seconds.

Astonishing Score of the Week: It’s not that Bishop Guertin got the better of Londonderry in a rematch of last year’s NHIAA Division I Girls Basketball title game, it was just the scope of the route. The Cardinals pounded the Lancers 78-32 on Tuesday after jumping out to a 22-7 first-quarter lead and kept it up. And it wasn’t one of those games with a giant scorer, as Meghan Green and Nikki Hayner led the way with 14 and 12 respectively.

Sports 101 Answer: The four others with 10,000 or more NBA assists are leader John Stockton, still active Jason Kidd, Magic Johnson and ex-Pacer, Knick, ex-Spur Mark Jackson.

On This Date – Jan. 17: 1916 — Professional Golfer Association is formed. **1963** — Wilt Chamberlain scores 67 points vs. Lakers. **1970** — Sporting News names Willie Mays as Player of the Decade for the 1960s. **1971** — Chuck Howley becomes only player from a losing team to be named Super Bowl MVP when Colts beat Cowboys 16-13.

The Numbers:

0 — goals allowed by Lauren Owsowitz and the stingy Bishop Brady-Trinity blue-liners in a 9-0 win over Conval. Stephanie Snow led the way with three goals and Melissa Houde had a pair.

1 — hard to believe number of votes cast for ex-Red Sox hurler Aaron Sele for the Hall of Fame last week after a career when he was 148-112 lifetime with a 4.61 ERA.

2 and 4 — points allowed by the Central girls defense in the first and third to pro-

pel the Green to its first win, 44-30 over Keene, when Mary Soares and Amanda Gaudreault each had a team high 10 points.

5 — players in double figures for St. Anselm, led by Chris Santo’s game-high 21 points when the Hawks beat St. Rose 88-78 to move to 10-2.

22 — game-high points from Carmen Giampetruzzi to help Trinity get by Nashua South in overtime 63-58 when Mabor Gabriel had 15 for the Pioneers

and Dave Dunham had 17 for South.

24 and 17 — season high and career high in points and rebounds for Sloan Sorrell as SNHU downed LeMoyné 68-50 on Wednesday.

100,000 — number of Twitter followers that Katherine Webb, former Miss Alabama and friend of Alabama QB A.J. McCaren, had at the conclusion of the BCS title game after ESPN cameras repeatedly cut away to her. She had 550 followers before the game.

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Making Stuff

Your guide to crafts

By Kelly Sennott
ksennott@hippopress.com

When I walk into the Ravel Rousers Knitting Guild meeting in Derry, Donna Mosco tells me not to worry about taking my shoes off; she has a heavy-duty rug that's easy to clean. The guild's knitting meetings usually take place at the Marion Gerrish Community Center in Derry, but since it's New Year's Day, Mosco has invited guild members to meet at her house.

I slip off my boots anyway, out of habit, but also because there's a pile of snowy boots sitting at the door. I don't want to be the girl who gets everyone's socks wet by tramping snow through the house.

As I walk in, I'm greeted warmly by nine women, all of whom are clutching a pair of knitting needles or a desert, which Mosco says are a must at every meeting. I'm also greeted by the real reason for the giant shoe pile at the door.

Socks.

Beautiful socks, in rainbow stripes, in polka dots, in zig zags and pretty patterns. I half wish I'd kept my snowy boots on, because my socks look like rags sewn together next to these hand-knit creations.

But, they tell me, the socks, and everything else they knit, are just a bonus — it's the process that really matters. Some people knit to keep their hands busy and out of the cookie jar; others channel their anxiety directly

into their knitting needles.

And it's not just knitting that has this power. People who knit, bead, carve, tangle or do any kind of craft usually take it up because of the benefits they reap during the process: relaxation, time to refocus and, oftentimes, a zen-like state of mind where daily aggravations cease to exist. Many crafters describe the same sensation that artists, athletes and those who practice yoga describe; they "get in the zone," when they work.

"I enjoy other crafts like knitting and weaving, but I think that people really connect with one craft on a fundamental level, whether that be glass, clay, metal..." said Deb Fairchild, an artist and teacher with the League of New Hampshire Craftsmen.

For her, it's beading.

"It's a place where I find a lot of patience. It helps me regroup and refocus and get in touch with myself," she said.

With benefits like these, maybe it's time to find your own take-me-away craft.

Are you fit to knit?

The ladies at Ravel Rousers Knitting Guild say knitting is the ultimate social craft.

Or at least, it is the way they knit. They meet every other week to socialize and work on their projects. Usually. (Sometimes it's hard to pay attention when you're knitting a complex pattern.)

Amy Huntemann is one of the newer members of the group. She began knitting about six years ago when she signed herself and her mother up for knitting classes through Derry Adult Education. It was difficult at first.

"I couldn't even hold the needles right. I finished with this weird shape that didn't look like anything," Huntemann said.

Having lessons — taught by a knitting professional or by someone you know — can be very helpful in terms of learning technique. Once you become comfortable with the craft, the possibilities are endless: cell phone covers, bags, purses, dolls, stuffed animals, and sweaters for your teddy bears, your wine bottles, your koozies, your slippers. But Huntemann credits part of her development to knitting in a group.

"If you're stuck on something, you can bring it in and get help on it," she said.

Plus, said Dana Nelson, another guild member who often knits commissioned pieces, you'll learn new, sometimes better ways to do things, even if you're not a beginner.

Friends and family members, especially, appreciate knowing a driven knitter.

"People have a better appreciation for handmade things," Huntemann said.

Her niece and nephew are constantly playing with the dragon puppets she made them because "Aunt Mam-ee" made them.

"You're also going to end up with exactly what you want."

Her husband, for instance, asked her to make a chicken hat for him. Where else are you going to find a chicken hat? Nowhere. You have to make it.

There are some patterns that are easy enough that you can do while talking, watching TV, in the car, or, Nelson said, while reading. Others require more concentration.

"I find knitting to be relaxing because I can knit and think about the baby, relative or friend for whom I am knitting," Mosco said. "The repetitive action, especially on a familiar pattern, provides time to daydream or think about upcoming plans."

For Mosco, knitting is "me" time: "Keeping my hands busy is never on my mind. Real life keeps my hands busy enough. Knitting is a time just for me and my thoughts of past memories, today's joys and tomorrow's possibilities."



Scarves are the easiest items to start with. Caroline Sennott photo.

KNITTING TECH

Even knitting has jumped into the 21st century; it's easier than ever to learn and find new patterns through online resources and nifty phone apps.

"You can go on any computer and find a slew of free patterns. It's almost overwhelming," said Holly DeGroot, a member of Ravel Rousers.

Videos and graphics available online can also be easier than the black and white directional books from which our parents learned. But of course, some online resources are better than others.

• If you're a knitter and don't know about **ravelry.com**, you're missing out. Outside of knitting circles, this is the place where knitters go to connect with other knitters. Here's where you search for your closest yarn shops, where you find the latest, most popular new yarns, where you'll find hat patterns, mitten patterns, sock patterns, animal clothes patterns, sweater patterns, you name it. You can find free patterns by "googling online," but sometimes you have to be careful; these patterns might not have been tested yet. On this site, however, you can usually see user comments before you go to download a pattern (some are free, some cost between \$5 and \$10).

• About half of the women at the Ravel Rousers Knitting Guild (call or email 434-4148, Sissy113@gmail.com to join) utilize **knitting apps**, too. These apps (counter pro, JKnit Lite) available on Apple products, nooks, etc., and help you count your stitches.

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FIBER ART

Yarn, or "fiber," has never been so hip, having turned into something more than a practical way to keep warm. They call it "fiber art," which hasn't hit as big in New England as it has in other parts of the country (perhaps we're just too practical up here).

Fiber art is a style of art which uses textiles such as fabric, yarn, wool, and natural/synthetic fibers. Knitting anything is technically "fiber art," but some knitters have moved outside the practical. They're also using it for outdoor art installations.

Outdoor fiber art can be controversial if it's not approved or supported by the town. This outdoor yarn art concept is often called "yarn bombing," which is done in the middle of the night, and is often associated with vandalism. (Google "yarn bombing, Wall Street" for a look at a yarn-bombed bull statue.)

Some knitters are opposed, because they dislike seeing knitting not being used for sweaters, socks, scarves, when there are people who don't have these items.

But for others, there's excitement and wonder when you wake up and see a bull statue, a tree, a lamppost, a parking meter, decorated in colorful yarn and fiber.

The Children's Museum in Dover recently featured their first outdoor fiber arts installation, led by Dover resident Malone Cloitre. The museum partnered with the Dover Arts Commission. About 11 lampposts were wrapped in original knitted works by four knitters, including Cloitre, for six weeks.

Cloitre had been looking for new ways to explore the craft.

"I had started doing pillows, but I wanted to create something that you could see a lot," said Cloitre, who describes herself a "fiber art" addict, and loves finding new ways to present her craft.

Her infatuation in making outdoor art using fiber began with her decorating her cherry tree with knitted works.

"Kids especially were enthralled by it ... They'd ask, 'does it, does it hurt the tree?'" Cloitre said. "Can I touch it? Does it make it too hot? Does it keep it warm in the winter? They'd never seen anything like this before."

But this installation was a community collaborative event.

"I hope that it gave people a new way to look at yarn, to look at the park a little more whimsically," Cloitre said.



A Zentangle pattern by Diane Ryan. Kelly Sennott photo.

It's zen (tangle)

In your Zentangle kit, you get a pen, two pencils, a pencil sharpener, a couple of Zentangle tiles, some Zentangle patterns and, if you're lucky, a piece of raspberry chocolate—that's if you're taking a Zentangle class with Diane Ryan.

But the most important thing to know about Zentangle, said Ryan, an instructor at a E.W. Poore weekly Zentangle class, is that it's not about the result. Don't even think about what your Zentangle pattern will look like until it's done. Zentangle is all about the process, she said.

But the result is pretty cool, too. Zentangle is an art form created with pen and ink on a 3 1/2 by 3 1/2 Zentangle "tile." In this tile, Zentanglers create repetitive patterns: checkers, squares, circles, lines, swirls, loops and geometric shapes. These lines are called "tangles," and the 3-inch square is standard Zentangle form, small enough to not be intimidating, big enough to feel like you've created a piece of art.

In this piece of art, lines twist and cross-hatch one another, creating boxes, shades and eye-popping forms. It almost looks like a black and white blanket made for one of Tim Burton's characters, intricate and rich with patterns and textures. But the best part about Zentangle is that it's so easy to do.

"The pattern is broken down, one line at a time," Ryan said. So much so that Zentangle itself becomes a meditative process. "When you use the repetition, the right and left side of your brain, it takes you to a meditative state," and you become so lost in the repetitive pattern that when you're finished, you don't even know how it happened.

This art form is slowly but surely making its way across the globe. Sixteen countries, including New Zealand, Taiwan and India, all have Zentangle teachers in them, as do 44 states. The creators of this artform are Massachusetts residents Rick Roberts and Maria Thomas, both artists in different areas before taking up Zentangle.

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Zentangle pattern by Diane Ryan. Kelly Sennott photo.

Thomas was a letter artist, Roberts, a musician and flute artist.

It was 2003 that Thomas and Roberts had a “lightening” moment. Roberts had barged into the studio Thomas was in while she was working on an illuminated letter that comprised of patterns and shapes. She hadn’t moved from her chair for five hours.

“It was a beautiful afternoon, and I was in a great place. When he barged in, I had no idea where I was,” Thomas said. “I started relating and describing the experience I had to Rick.”

Roberts, who had spent 17 years traveling as a monk, responded, “That’s meditation.”

It’s different from any art they did before. “The difference here is that it’s a combination of freedom and limits put together,” Roberts said.

People have taken so much to Zentangle that some people have actually called it a “gateway drug to art,” he said. People see what they can do here and find the confidence to try other modes of art, too, Roberts said.

Zentangle classes are popping up in art studios all over the New Hampshire. It’s why kids have gravitated toward the

art, and why students kept asking Rebecca Fredrickson if she would begin to offer Zentangle classes at her Nashua art studio, Becks Arts Express.

Thomas and Roberts have made it easy to learn, even if you don’t have available formal lessons nearby; their website, zentangle.com, contains newsletters, blogs and YouTube videos with directions, and a directory of Certified Zentangle Teachers (CZT).

Suzanne Binnie, a Hollis resident, started tangling two years ago. She’s a trained painter, so she was at first skeptical about Zentangle; it was one of her students who convinced her to try the new art form.

“I immediately fell in love with it,” said Binnie, who has tangled every day for the past two years. Tangling (the verb form of Zentangle) helps her relax.

KC Morgan, one of the owners at Wild Salamander, found the art really appeals to kids. Her own daughters have started tangling everything, from canvas bags to treasure boxes.

“It’s been a huge hit with the 10-and-up crowd,” Morgan said. “But now even the 9-year-olds are asking for it.”

One of the most important rules in Zentangle: no erasers.

“There is no eraser in life and there is no eraser in a Zentangle kit,” Roberts and Thomas wrote on the website.

The beauty of making a mistake in Zentangle, Binnie said, is that through the mistake, you’ll come up with a new pattern.

“It takes your system into the zone,” Binnie said.

She tangles every night for 15 minutes before she goes to sleep, which helps her mind settle before she shuts her eyes.

“I have a little anxiety, and when you do this, you really relax,” she said.

She teaches Zentangle classes at Wild

WHERE TO LEARN THE ART OF ZENTANGLE:

- **Kimball-Jenkins Estate** (266 N. Main St., Concord, 225-3932) has held Zentangle classes in the past. Classes are not on the schedule right now, but kimballjenkins.com might be worth keeping an eye on.
- **Beck’s Art Express** (591 Amherst St., Nashua, 781-910-3438, artsexpressnh.com) recently had a zentangle workshop and will continue to offer zentangle if the interest is there.
- **Sharon Arts Center** (30 Grove St., 457 Route 123, Sharon, 924-7256, sharonarts.org.) offers Zentangle classes during the winter as well.
- **Wild Salamander Art Center** (30 Ash St., Hollis) is starting a Zentangle club

with Suzanne Binnie, a certified Zentangle teacher at Wild Salamander Arts Center. The club will meet once a month starting in January. Upcoming dates include Saturday, Jan. 19, from 1 to 3 p.m.; Saturday, Feb. 16, from 1 to 3 p.m.; and Saturday, March 16, from 1 to 3 p.m. Binnie hosts a workshop, “The Zentangled Heart,” on Saturday, Jan. 26, from 1 to 3 p.m.

- **E.W. Poore** (775 Canal St., Manchester, ewpoore.com, 622-3802) offers weekly Zentangle classes, every Tuesday at 3:30 p.m. Visit ewpoore.com.
- **League of NH Craftsmen** (98 Main St., Nashua, 595-8233) offers Introduction to Zentangle classes at the League of NH Craftsmen Nashua Gallery.

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GET CRAFTY

Salmanadar Arts center, where she's introduced students to tangling outside the three-inch tile, having recently held a pumpkin Zentangle workshop.

21st Century Scrappy Ladies

There are two misconceptions that Liz Ellingwood and Mandy Sliver, founders of Yankee Scraper Girls, would like to clear up. One is that scrapbooking is expensive.

Scrapbooking hit big in the late 1990s and early 2000s, which is when companies started manufacturing high-tech scrapbooking tools, intricate scrapbooking paper and a wealth of scrappy gadgets that, for the most part, you don't even really need, Sliver and Ellingwood say. You don't have to buy \$5 paper to scrapbook.

Another misconception: that you need to be artsy or creative.

"One thing people always say to me is,

SIX ESSENTIALS FOR BEGINNER SCRAPPERS

1. Acid free paper, lignin-free paper. Most paper in craft stores will sell just this now, but double-check before purchasing. Certain papers will make photos yellow over time.
2. A good pair of scissors.
3. A 12-inch paper trimmer (these make sure that when you cut photos or papers, you're cutting the straightest line possible).
4. A dry and wet acid-free adhesive (glue and tape squares, for instance).
5. Journaling pens.
6. A good quality album. "When I first got into scrapbooking, I wanted to make my daughter a baby book, and I was all excited because I got it for \$4," Ellingwood said. "We literally looked at it so many times that it ended up falling apart." Ellingwood and Sliver recommended Creative Memories brand.

"I'm not creative. I can't do that." The truest definition of scrapbooking is sticking a memory on a page, be it photos, ribbons from your prom dress, a ticket stub," Ellingwood said.

Ellingwood runs a scrapbooking consulting business out of her home, and Sliver ran her own scrapbooking shop until 2010, when she was forced to close. They knew each other because they were in the scrapbooking business, but they didn't come together as the Yankee Scraper Girls (yankeescrappergirls.com) until 2010.

This is the first time they've held classes in Manchester, but they've already drawn in about 11 new scrappers. Scrapbooking, as with almost any craft, is more fun when you're doing it with a group of people, they said.

"When you get stuck, I can show whatever I'm working with to Mandy, for instance, and she's going to look at it with a fresh set of eyes. It's almost like a quilting bee, too, with the socialization aspect," Ellingwood said.

Plus, at these parties you'll have a whole mess of fancy tools to use, like a Cricut machine (which uses a blade to cut out designs and enables you to cut out images); circle punches and square punches; idea books; and a Sizzix machine.

If you're not a paper-and-scissors kind of person, digital scrapbooking is the the

SCRAPBOOKING is not just for scrapbooks

The tools and tricks you learn through scrapbooking can be used for:

- Invitations
- Party favors
- Cards ("People love to get homemade cards," Sliver said.)
- Posters
- Making signs for church groups, classes, yard sales. "The possibilities, really, are endless," Ellingwood said.

TIPS FOR BEGINNER SCRAPPERS

- **Don't be afraid.** You can always re-do something.
- If something's that precious, make sure you **make a copy** beforehand.
- **Journal it.** That fills in the how, the why. It's when you explain what's going on in the photos features. "It's about telling a story with pictures and words," Sliver said. "If you just have photos, it's just a photo album."
- **Don't** stick your photos in magnetic photo albums (they may be stuck forever, or tear the picture).
- **Photoshop** can be your friend. You can fix

the scratches, blemishes, water stains, red-eye or pixelated old photos. If you can't do these things, find someone who can.

- **Keep your scraps.**
- **Think outside the box.** "I know a lot of people who repurpose cereal boxes, paint them, group other paint on it ... there's a lot of repurposing in scrapbooking, as well," Ellingwood said.
- **Share the expensive tools.** Purchasing tools is where the craft can get expensive, but if you attend a scrapbooking party (or simply become friends with a fellow scrapbooker), you can avoid these costs.

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next up-and-coming thing. Ellingwood and Sliver recommended Creative Memories (creativememories.com), where you can design your scrapbooks online and custom-order.

“There is something to be said about cutting paper, matching things up and measuring them [in traditional scrapbooking]; digital scrapbooking is a different kind of creative outlet,” Sliver said.

But the nice thing about digital scrapbooking is that you can do it anywhere. You don’t have to make a mess. And, if you want, you can order multiple copies of the finished product for friends or relatives. There are still so many people that dislike it because of the fact that you stare at a computer screen all day.

“But I just see it as bringing in more people to the craft,” Ellingwood said.

You’re connecting generations that might not have ever had the chance to connect before.

“It’s not so much about the products and the embellishments and making everything pretty,” Ellingwood said. “It’s about getting your story down. My father died in 1997, and my daughter was born in 2001. She never met him. Through scrapbooks, she can look at those photos and see that her Grandpa Soley was in the Navy and liked beer and was an avid Yankees fan and had dogs. She has a connection with him, even though she never met him.”

Bead it. (Just bead it.)

The best part about beading, said Donna Nordlund, is that you’ll leave with exactly what you want.

“One woman came in last week to create jewelry to match an outfit she was wearing to a wedding,” Nordlund said.

The shop is like a candyland for beaders, with beads of every size, shape, color, texture, make, it might be overwhelming for a beginning beader who doesn’t know exactly what she (or he) wants. Which is why Donna and her daughter, Chris, scattered inspiration jewelry throughout the store to help generate ideas. Some beads are as



A selection of beads from Concord’s Bead It! Kelly Senott photo.

BEAD SHOPS

The nice thing about beading is that you don’t have to get it all in one place; beading shops in Southern New Hampshire collaborate for the NH Bead Bop, where a “Bead Bop passport” offers discounts to various New Hampshire bead stores during a week in the fall. Participating shops for 2012 included **Bead It!** in Concord; **The Bead Patch** (266 Mammoth Road, Manchester, 627-4870, thebeadpatch.net); **The Bead Store & More** (381 Portsmouth Ave., Greenland, 431-2262, thebeadstoreandmore.com); **All Beads Considered** (167 Water St., Exeter, 502-6069, allbeadsconsidered.com); **Bead Room** (108 W. Hollis St., Nashua, 598-9280, thebeadroom.com); and **BeadBush Studio** (43 Mont Delight Road, 463-7683, beadbush.com).

HOW TO CHOOSE YOUR COLORS: Try a color scheme.

- **Complementary color scheme:** using opposite colors on the color wheel convey more drama and energy.
- **Analogous color schemes:** using colors next to one another on the color wheel; they appear more harmonious and convey sophistication.
- **Split complementary color scheme:** using colors next to one another on the color wheel and adding a complementary color to add contrast/focus
- **Triadic color scheme:** using three colors that are about the same distance apart on the color wheel.
- **Monochromatic color scheme:** using the shades and tints of only one color.



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A finished piece of stained glass at Renaissance Glassworks. Kelly Sennott photo.

small as a grain of rice, some as large as a pool ball.

But perhaps the most inspiring creation you'll see in the shop is Beadopatra and her pet camel, Watusi. Beadopatra is a mannequin decorated entirely of beads, from her bead-laced hair to the swirling patterns of lime green, turquoise, cobalt blue, moss green and bubble gum pink ant-sized beads that coat her entire body. This took her an entire winter to make, Nordlund said.

Of course, if you want to create something intricate, you might have to take one of many classes they offer: Chain Mailles, Dutch Spiral, Flat Spiral, Herringbone, Kumihime, Macrame, Peyote, Chevron, Netting, spiral rope, the St. Petersburg chain, to name a few.

Deb Fairchild, beading teacher with the League of N.H. Craftsmen, says once you get over the initial hurdle — picking your beads, learning the craft, and getting over the initial anxiety, you get into a soothing and therapeutic place.

"It's a place where you can relax and get away from stress," Fairchild said.

For beginners, it will usually take 45 minutes to an hour before you get the hang of it. She was a knitter before she was a beader.

"If you like things like knitting or needlepoint (which are also, she adds, things you can include beads in), you might like beading," Fairchild said. "It's satisfying when life gets really crazy ... But for me, beading also makes me think of where we came from. I like the notion of engaging in an activity that people have been engaged in for thousands of years."

Keep it glassy

Some crafts, such as creating stained glass pieces, are less repetitive. It's less about getting into a pattern as it is about keeping a steady hand and practicing. It's a craft that can be frustrating, said Mark Frank, one of the owners at Renaissance Glassworks — some people come in once and decide that they'd rather purchase the glass than make it — but at the same time, it's also something that he and a number of his students have found addicting.

There are tools and materials that you need, and so the best way to learn would be going to a place like Renaissance Glassworks (in the Picker Building, 99 Factory St., Nashua, renaissanceglass.com). They usually host three classes at once, every five weeks.

In this craft, the result is certainly a draw — the studio itself is speckled with items for sale, works in progress and glass to choose from in every color imaginable. The best-looking pieces are usually always going to the be ones hanging against the window.

"People like having a hands-on, creative outlet, and when you're done, you really have something to show for it," Frank said. "There's something about turning raw materials into something of value."

He co-owns the business with his wife, Kathy Frank, which they started in the '80s. They were one of the few stained glass companies to survive the struggling economy. They specialize in custom-designed stained glass, perform restorations/repairs and teach classes.

It starts with a pattern. Glass is purchased in large, rectangular sheets. Some are manufactured, some handmade. Wildflowers, birds and nature scenes are popular patterns among New Hampshire residents, but Kathy and Mark Frank provide a template for you your first time. Step one: cut out the pattern shapes. If you don't get it exactly right at first, you'll smooth it with a grinder. Before you solder, the shapes should fit together like a puzzle.

CLASSES GALORE

Interested in trying any of these crafts? Go to hippopress.com for a list of all the local classes available. Who knows? Maybe you'll find a lifelong hobby.

Then, you solder the pieces together. In your first class, you'll use the copper foil method (see box). This means before you solder, you need to attach a copper tape to the edges of shapes, so that when you finally solder, the foil will stick to the copper.

What's the hardest part about glass fusion?

"All of it," joked Mark and Kathy Frank's son Kyle, who regularly works in the Nashua studio.

"We get the same rewards as our students. It's great to create things of beauty, and to see the finished piece at the end. A lot of times it's functional as well: we make stained glass mirrors, boxes, etc.," Mark Frank said.

Wood carving caricatures

When Joe Marshall started woodcarving 30 years ago, he carved birds. That's what the class specialized in, and so that's what he learned first.

But he hasn't made one in 16 years. The last one he made was a life-sized loon, a gift to his daughter. It took so long to make (two years) that he stopped carving birds and started carving Santa statues instead.

He and Jim Thompson meet every month to carve together in Marshall's basement. Their weekly meeting is one of the only wood carving meet-ups that they know of (their group is called Nashua Woodcarvers; the group used to be much bigger than it is now), but if you're going to start out, it certainly helps to work with people who carve, too.

"I think a lot of people still carve in New Hampshire but just don't do it as part of a group," Thompson said, who has been carving for about 20 years now.

Wood carving involves a little wood-working, a little whittling. Most of the items they create are taken from patterns in books and magazines, but the caricatures are particularly nice to make because if you mess up, it's okay—it's supposed to look a little silly.

Usually, the first step is to trace the stencil of the item you're making on a block of wood (how big depends on the size of the item itself). Then, cut the shape out with a bandsaw. (Some professionals and businesses actually do this "roughed out" part for you, Marshall said.) There are a few different approaches in how you start out, but no matter what, you need to make at least the basic shape of the item you're carving before you do anything with a smaller knife.

"I enjoy carving; what I like is the challenge of trying to pull the piece out of the wood," Marshall said.

It can be relaxing or frustrating depending on how things are going. In his experience, those people who have artistic

training of some sort seem to take to wood-carving more easily, but as with anything, the more you practice, the better you'll get.



A wooden caricature by Joe Marshall. Kelly Sennott photo.

QUICK QUESTIONS AND ANSWERS

What's the easiest thing to carve?

A snowman.

How should you get started? Some people start out by reading wood-carving magazines (Woodcarving Illustrated is particularly helpful to learn about the craft and to get connected). New England WoodCarvers (newc.org) is another good place to go.

What type of wood should you use?

Basswood works. This wood doesn't have much of a grain. Butternut wood also works. Marshall has also made a tiny wooden house out of Cottonwood bark.

Do you paint it afterwards? Thompson doesn't like panting. He prefers to throw a coat of linseed oil on his work. If you're planning on selling it, you should know your market. People who are woodcarvers like seeing, perhaps, a light coat on top, so that you can see that the item is made out of wood. People at craft fairs seem to like it when things are "shiny."

Do you sell your work? Nah—Marshall says that takes the fun out of it.

Where are some places to buy materials? Rockler Woodworking in Salem has good items. Woodcraft Supply in Woburn, Mass., is also a good place, but Marshall said they generally order tools through catalogues.

What should you buy if you're just starting out? A knife, glove (or two!) or a finger protector/thumb guard.



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*Eat
right!*

Look Good,
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part 3

In this third week of our four-week series, we look at food: if you are what you eat, then some of us are mostly cellophane-wrapped convenience food. But healthier choices don't have to be hard or less delicious. Kelly Sennott finds out where you can go to get some cooking tips from the experts so even super healthy vegan meals can be as tasty as your favorite comfort food. Luke Steere explains how a dietician might be able to help you. Cory Francer picks up some veggies at the winter farmers market. And Jeff Mucciarone considers his own diet and gets an expert to weigh in on his daily food journal.

As with any new diet or fitness plan, check with your doctor before making any big changes. And then grab a spoon and dig in to some delicious ways to look good and feel great.

Nutrition know-how

Skip the diet and try a dietician

By Luke Steere
lsteere@hippopress.com

Need help finding the right diet? Ask a dietician.

It's advice a doctor might give you — but what do dietitians do and how can they help you improve your health?

"When people say 'I think I need to go to a dietician' and do come, it's usually because they're gaining or losing weight, or have already been told by the doctor [to see a dietician], but even if people say 'I know I'm not eating the way I should be,' or 'I know my children aren't' they can come and find out how they can do that," said Lisa Garcia, a registered dietician.

Garcia's private practice, based in Bedford, handles a lot of doctor referrals. Often people are in her office because of concerns such as diabetes, high blood pressure, celiac disease, gastric distress, food allergies or heart attack.

"Dietitians typically do get those types of questions, but more and more people are recognizing things like rates of obesity and the conditions associated with that," Garcia said.

Diet experts

Dietitians are educators, and the more proactive they can be, the better.

"To be licensed [as a dietitian], you have to have completed a very rigorous, supervised practice with a bachelors concentration. You study food science, anatomy, chemistry, bio chemistry and more to understand how food and nutrition affect us right down to the cellular level and how to communicate knowledge," she said.

"Both nutritionists and dietitians are working in the same vein," Garcia said. "All dietitians are nutritionists, but not all nutritionists are dietitians."

To be a registered dietitian (RD), bachelor's students must then apply for competitive internship through the Academy of Nutrition

and Dietetics. According to Garcia, the University of New Hampshire's program only accepts about 10 candidates a year, out of around 120 applicants. On average, the program takes 10 months comprising 1,200 hours of supervised practice in a range of industries. Dietitians in training work under registered dietitians in hospitals, community nutrition programs, the food service industry and healthcare settings.

"Then there is a final exam for a National Commission on Dietetic Registration, and you must pass that exam. It's rigorous, you have completed your studies and gained some experience, but you end up studying even more for it, and then you are considered dietician," Garcia said.

At hospitals, dietitians consult with patients recovering from heart attacks or serious injuries, but they also do outpatient care. Nonprofits, schools, and government programs also benefit from their expertise; usually focusing on particular patient groups like elementary school students, pregnant mothers or seniors. Supermarkets, nursing homes and other large-scale food service industry centers also benefit from menu design, individual diet plans and food safety monitoring done by dietitians.

How they help

Kristi Mathieson, a registered dietitian at NH Natural Health Clinic in Bedford, takes a naturopathic approach with her clients. That means she approaches their problems with the belief that the best and first line of defense is the body's systems already in place to deal with issues such as cardiovascular problems, low sodium, hypertension, or irritable bowel syndrome.

Mathieson begins with tests to help her figure out what's going on, what symptoms the patient might have, what the patient's vitamin levels are and whether they have any food sensitivities.

"Food also has very emotional, social and



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MONDAY						
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM
Acrylic Painting ~ Part 2	8	6:00-9:00	169	varies	1/14	W2096
Amateur Musical Ensemble	10	7:30-9:00	124	-	1/14	W2013
Archery	4	6:00-7:00	79	-	1/14	RMS/Caf
Archery Intermediate	4	7:00-8:00	79	-	1/14	RMS/Caf
Chair Caning	6	6:00-8:30	124	varies	1/14	W2093
French 1 ~ Level 1	8	7:00-8:30	124	-	1/14	W2043
French 2 ~ Level 1	8	5:30-7:00	124	-	1/14	W2043
Gardening Workshops:						
• Container Gardening	1	6:00-8:00	21	-	1/14	W2041
• Composting	1	6:00-8:00	21	-	1/28	W2041
• Best Native Herbaceous Plants	1	6:00-8:00	21	-	2/4	W2041
• Best Native Woody Plants	1	6:00-8:00	21	-	2/11	W2041
• What is Permaculture?	1	6:00-8:00	21	-	3/4	W2041
Gourmet Vegan (Total Vegetarian) Cooking: See Recipes Below						
• Class #1	1	6:00-9:00	24	14	1/14	W3058
• Class #2	1	6:00-9:00	24	14	2/4	W3058
• Class #3	1	6:00-9:00	24	14	3/4	W3058
• Class #4	1	6:00-9:00	24	14	3/18	W3058
Knitting & Crocheting 1	10	7:00-9:00	139	-	1/14	W2096
Landscaping Your Home	8	6:00-8:00	139	-	1/14	W2042
Psychic Development 1:	10	6:00-8:00	139	10	1/14	W2097
Ancient Wisdom for the Modern World						
Quilting	8	6:00-8:30	149	varies	1/14	Phenix Ave
Stock Market w/Tony Hartigan	3	6:00-7:30	39	-	1/14	W4032
Violin Made Easy ~ Level 1	10	6:00-7:30	124	15 book+35 rent/14		W2013
Wood Carving	8	6:00-8:00	139	20	1/14	RMS/508

WEDNESDAY						
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM
Acrylic Painting Intermediate	8	6:00-9:00	169	varies	1/16	W2096
Ballroom Dance:						
Beginners	10	6:00-7:00	149/cpl	-	1/16	ADS
Advanced Beginner	10	7:00-8:00	149/cpl	-	1/16	ADS
Advanced	10	8:00-9:00	149/cpl	-	1/16	ADS
Biology w/Lab (HS Credit)	15	5:30-8:30	325	100	2/6	E343
DIY Home Repairs	8	6:00-8:00	129	-	1/16	W2063
Falun Gong Introduction	1	6:30-8:30	15	-	2/6	W3094
French Adv. Conversation	8	5:30-7:00	124	-	1/16	W2043
French 1 ~ Level 2	8	7:00-8:30	124	50	1/16	W2043
Holiday Ukrainian Egg Decorating	2	6:00-8:00	34	18	3/6	W2093
Italian 1 ~ Level 1	8	6:00-7:30	124	15	1/16	W2047
Italian 2 ~ Level 1	8	7:30-9:00	124	book	1/16	W2047
Knitting & Crocheting 2	10	7:00-9:00	139	varies	1/16	W2096
Learn to SING	6	6:00-8:00	124	-	1/16	RMS/622
Learn to do Voice Overs	1	7:00-9:00	35	-	3/20	W4013
Organic Gardening	1	6:00-9:00	35	-	2/27	W3112
Paranormal Studies	10	6:00-8:00	139	10	1/16	W2097
Photography: The Next Level	8	6:00-8:30	169	-	1/16	W2091
Piano 1	8	7:05-8:20	119	9	1/16	W2013
Piano 2	8	6:00-7:00	99	-	1/16	W2013
Record Keeping for Gardens	1	6:00-9:00	35	-	2/13	W3112
Russian 1 ~ Level 1	10	5:00-7:00	139	28	1/16	W2038
Russian 1 ~ Level 2	10	7:00-9:00	139	-	1/16	W2038
Self Hypnosis ~ Part 1	3	6:00-7:30	39	-	1/16	W4004
Self Hypnosis ~ Part 2	3	6:00-7:30	39	-	2/6	W4004
Sign Language 1 ~ Level 1	8	6:00-7:30	124	36	1/16	W4032
Small Engine Repair	8	7:00-9:00	129	12	1/16	W2086
Sour Dough Bread Making	1	6:00-9:00	24	12	1/30	W3058
Stained Glass	8	6:30-9:00	175	90	1/16	Pleasant St
Stamping: See Descriptions Below						
• #1 ~ Stampin' 101	1	6:00-9:00	24	5	1/23	W2080
• #2 ~ A Step Up	1	6:00-9:00	24	10	2/13	W2080
• #3 ~ Stamp "A Stack" of Cards	1	6:00-9:00	24	15	3/6	W2080
• #4 ~ Bags & Boxes	1	6:00-9:00	24	10	3/27	W2080
Tibetan Bowl Sound Relaxation	4	6:00-7:00	39	-	2/6	W4014

TUESDAY						
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM
Algebra 1 (HS Credit)	15	5:30-8:30	325	10	2/5	RMS/205
Astrology 101	10	6:00-8:00	139	-	1/15	W4004
Belly Dancing	10	6:00-8:00	139	varies	1/15	W2097
Calligraphy for Beginners	3	6:15-7:15	32	varies	1/15	W2086
German 1 ~ Level 1	8	5:00-6:00	89	-	1/15	W2038
German 2 ~ Level 1	8	6:00-7:30	129	-	1/15	W2038
Gluten Free Baking: See Recipes Below						
• Class #1	1	6:00-9:00	24	15	1/22	W3058
• Class #2	1	6:00-9:00	24	15	2/12	W3058
• Class #3	1	6:00-9:00	24	15	2/19	W3058
• Class #4	1	6:00-9:00	24	15	3/5	W3058
• Class #5	1	6:00-9:00	24	15	3/26	W3058
Heal w/Energy: Reiki Wksp	2	6:00-8:30	54	-	1/15	W3063
Italian Adv. Conversation	8	6:00-7:30	124	-	1/15	W2047
Print Making w/o a Press	8	6:00-9:00	169	varies	1/15	W2096
Sign Language 1 ~ Level 2	8	6:00-7:30	124	-	1/15	W4032
Sour Dough Bread Making	1	6:00-9:00	24	12	1/29	W3058
Spanish 1 ~ Level 2	8	7:30-9:00	124	-	1/15	W2039
Spanish Read & Conversation	8	6:00-7:30	124	-	1/15	W2039
Starting Seeds Indoors	1	6:00-9:00	35	-	2/26	W3112
Sustainable Gardening	6	6:00-8:00	124	-	1/15	W2041
Tai Chi ~ Level 1	8	4:30-5:30	89	-	1/15	W3090
Tango Dance:						
American Tango 1	5	7:00-8:00	75	-	1/15	ADS
American Tango 2	5	7:00-8:00	75	-	3/5	ADS
Argentine Tango 1	5	6:00-7:00	75	-	1/15	ADS
Argentine Tango 2	5	6:00-7:00	75	-	3/5	ADS
Watercolor	8	6:00-9:00	169	varies	1/15	W2096

THURSDAY						
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM
Ballroom Dance:						
Beginner	10	6:00-7:00	149/cpl	-	9/27	Abbot-Downing
Intermediate	10	7:00-8:00	149/cpl	-	9/27	Abbot-Downing
Routines for Fun or Performing	10	8:00-9:00	149/cpl	-	9/27	Abbot-Downing
Digital Camera	8	6:30-9:00	169	-	9/27	W2086
Falun Gong Introduction	2	6:00-8:00	15	-	10/4	W3094
Gentle Yoga	8	6:00-7:00	89	-	9/27	W3090
Guitar 1 ~ Session 1	10	6:00-7:30	124	15 book+35 rent	9/27	W2013
Guitar 1 ~ Session 2	10	7:30-9:00	124	varies+35	9/27	W2013
Indian Cuisine Cooking: See Recipes Below						
• Class #1	1	6:00-9:00	24	14	9/27	W3058
• Class #2	1	6:00-9:00	24	14	10/18	W3058
• Class #3	1	6:00-9:00	24	14	11/1	W3058
• Class #4	1	6:00-9:00	24	14	11/29	W3058
• Class #5	1	6:00-9:00	24	14	12/20	W3058
Meditation for Beginners	8	6:00-7:30	124	5	9/27	W2097
Vibrant Health Series: See Descriptions Below						
• Sugar Blues	1	6:30-8:30	19	-	10/4	W3084
• Eating for Energy	1	6:30-8:30	19	-	10/11	W3084
• Women's Health	1	6:30-8:30	19	-	10/18	W3084
• Weight Less, Live More	1	6:30-8:30	19	-	10/25	W3084
• Understand Nutrition Labels	1	6:30-8:30	19	-	11/1	W3084
Watercolor	7	6:15-8:30	139	-	9/27	W2096

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SATURDAY						
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM
Chemistry w/Lab (HS Credit)	15	9:00-Noon	325	100	2/9	E335
Chinese for English-Speaking Children: (Grades 5 - 10)						
Beginner	8	9:30-11:00	99	15	1/19	W2041
Conversational Chinese for Adults: (Age 16+)						
Beginner	8	9:30-11:00	99	15	1/19	W2043
Intermediate	8	11:00-12:30	99	Book	1/19	W2041
Chinese Games (Majiang and Chinese Chess)						
Class #1	2	1:00-3:00	35	5	2/2	W2041
Class #2	2	1:00-3:00	35	5	3/23	W2041
Defensive Driving Course	1	7:30-2:00	50	1/12 * 2/9 * 3/16 * 4/20		Foyer

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\$195 Introduction to Windows	6:00-9:00	Mar. 4, 5, 6, 7	
Word Processing:			
\$195 MS-Word ~ Level 1	6:00-9:00	Mar. 11, 12, 13, 14	
\$195 MS-Word ~ Level 2	6:00-9:00	Jan. 28, 29, 30, 31	
\$95 MS-Word Merge Workshop	6:00-9:00	Mar. 20, 21	
DataBase:			
\$195 Access ~ Level 1	6:00-9:00	Feb. 4, 5, 6, 7	
Graphic Presentation:			
\$195 PhotoShop ~ Level 1	6:00-9:00	Feb. 12, 13, 19, 20	
\$195 PowerPoint ~ Level 1	6:00-9:00	Apr. 1, 2, 3, 4	
Internet:			
\$25 Research Your Antiques-Collectables	6:00-7:00	Feb. 4	
\$25 Free Software Application	6:00-7:00	Feb. 11	
\$25 Free Post-Secondary Ed/Training Online	6:00-7:00	Mar. 4	
\$50 Parenting in the Electronic Age	6:00-9:00	Mar. 5	
\$50 10 Ways to Make \$\$ Online	6:00-9:00	Mar. 6	
\$145 Introduction to Ebay	6:00-8:00	Mar. 6, 13, 20, 27	
\$25 Finding Online Savings	6:00-7:00	Mar. 11	
\$75 Managing a Business Web Page	3:30-5:30	Mar. 13, 14	
\$35 Get Top Search Engine Ranking	6:00-8:00	Mar. 14	
\$95 Using E-mail	6:00-9:00	Mar. 18, 19	
\$75 Internet for Seniors	3:30-5:30	Mar. 27, 28	
Misc:			
\$145 MS-Office Overview	6:00-8:00	Jan. 23, 30, Feb. 6, 13	
Spreadsheet:			
\$195 MS-Excel ~ Level 1	6:00-9:00	Mar. 25, 26, 27, 28	
\$195 MS-Excel ~ Level 2	6:00-9:00	Apr. 22, 23, 24, 25	
Financial:			
\$195 QuickBooks ~ Level 1	6:00-9:00	Apr. 15, 16, 17, 18	

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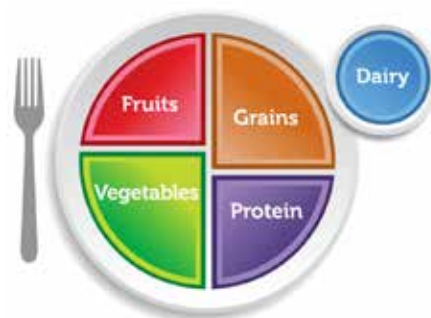
LOOK GOOD, FEEL GREAT

economic components too. People need to be open to learning and, sometimes, open to change, and we want to see them early, ultimately as pediatric patients, the ones that don't have anything wrong with them," Mathieson said. "The ultimate goal is to see people coming in just to be healthy and to optimize that health."

Targeted diet programs for people looking for detox, anti-inflammatories or weight loss can all be prescribed too, and many dietitians also deal with athletes who are looking to become as efficient and effective they can be. However, change is extremely hard — if we've been ignoring mom's advice to "eat our veggies" for a while, says Kim Dorval, RD, founder of Nutrition in Motion. Eating habits are ingrained since childhood and, as with cultural, social and psychological reasons for eating, it's hard to alter them, she said.

"The changes should be small at first, and as dietitians we help address all of these factors in order to help people achieve their goals," Dorval said. "I encourage people to eat the least processed version of foods they can. It's the best thing a person can do to improve their diet — cut those out," she said.

A willingness to cook more is usually a good start on the road to a healthier diet. In addition Garcia has a couple of basic things she tells patients they can start right off.



Find an expert

Looking to find dietitians and other nutritional experts? Check out the New Hampshire Dietetic Association at www.eatrightnh.org. The NHDA offers a list of registered dietitians, dietetic technicians and other nutritional specialists. The organization is a state affiliate of The Academy of Nutrition and Dietetics and its mission is to empower its members with cutting edge educational information on nutrition to optimize the nation's health.

"Skip the sodas; water is a wonderful beverage. So is reduced fat milk, especially if you're under 20. And make sure, especially for lunch and dinner, half of what you eat are vegetables," she said, and this doesn't include potatoes, especially french fries.

The new harvest season

Find fresh veggies at winter markets

By Cory Francer
cfrancer@hippopress.com

The grays of winter can seem far removed from summer farm stands and farmers markets. But throughout the state the fresh food and communal atmosphere of farmers markets are continuing through the winter.

There might not be as much fruit as there was in the summer, but plenty of vegetables are still available, such as root-based foods and low-to-the-ground vegetables like potatoes, carrots, turnips, squash, broccoli and beets.

In addition to providing a place for fresh food during the winter, these indoor markets offer an activity to break up the winter monotony.

"There are musicians and artists and a couple musicians bring tambourines, drums and bongos," said Beverly Ferrante, the director of the Derry Community Farmers Market. "They do entertainment for children. We want to create that little bit of atmosphere."

At the Tilton Winter Farmers Market, Joan O'Connor said when visitors arrive, they tend to be revitalized by the fresh produce they can find. After going months with gardens covered up and very little sprouting out of the ground, even a small find can be a huge relief.

"Farmers will harvest stuff on Friday and bring it in on Saturday," O'Connor said. "And people are craving it. I'll hear, 'Spinach! I'll take two bags please.' And you always know where it came from."

The desire to support local agriculture is steadily gaining steam and is evident in the increase of farmers markets in both the summer and winter. O'Connor said that in New Hampshire there are approximately 90 summer markets and 30 in the winter. Knowing exactly where one's food came from and the farmer who grew it is becoming more important to consumers, O'Connor said.

"When you look down at your plate everything can be from within a 50-mile radius," O'Connor said. "We're getting access to wonderful organic food."

Tammy Boucher, a public relations representative for Cole Gardens in Concord, said the people visiting the winter market at the Concord garden center share a common desire to support the local economy. Not only are customers purchasing a higher-quality, fresher product than what can be found in most grocery stores, Boucher said they are guaranteeing that their dollars are staying local.

"Customers want to buy from family farmers and want to support the local economy,"

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Boucher said. "They know they got something great to eat there and contributed to the local economy."

While visiting a local winter farmer's market is a great way to get out of the house and beat a seasonal bout of cabin fever, those with a knack for gardening can move their passion indoors during the winter. It's not always easy, but Margaret Hagen a food and agriculture field specialist at the University of New Hampshire Cooperative Extension, said despite the frigid temperatures outside, a selection of herbs and leafy greens can grow indoors. But before getting started with growing during a New Hampshire winter, Hagen said indoor gardeners should be aware of two important downfalls of this endeavor: (1) The natural light during a New England winter is exceptionally limited, and (2) don't expect to save money.

Hagen said that herbs are the best option for indoor growing, but some come easier than others. Among the easier herbs to grow indoors in the winter are chives, thyme, oregano and marjoram. Hagen said that unfortunately, basil is one of the most desired herbs in the winter but one of the most difficult to grow.

In addition to herbs, Hagen said that indoor growers can have some luck with greens in the winter. Lettuce, spinach and mesclun mixes are among the easiest veggies to grow indoors without worrying about adding supplemental light.

"There doesn't have to be a grow light," she said. "It doesn't have to cost a fortune."

But when it comes to fruiting plants, that's when Hagen said additional light is necessary. And even with a powerful grow



Valerie Jarvis of Heart Song Farm shows off goat cheese at the Winter Farmers Market at Cole Gardens in Concord. Courtesy photo.

lamp, seeing successful tomatoes and zucchinis will be a challenge.

"You're not going to get the volume you would outdoors," she said. "Maybe you will get a tomato here or there."

Another fun project that Hagen said she has tried before to keep the winter season educational and agricultural is planting seeds found in common items that can be bought at the grocery store. She said seeds can be planted from avocados, pineapples and grapefruits.

No fruit will be produced, but even seeing a sprout can be a fun winter activity and can get kids involved too.

"It's more for the soul than anything else," she said.

Farm fresh

Here are a few local farmers markets. Find more at agriculture.nh.gov. and in our weekly food event listings in the food section.

- **Bedford** CanUniquely NH Winter Market at Bedford Fields (Route 101) on the following Saturdays: Jan. 26 and Feb. 9 and Feb. 23, 10 a.m.-3 p.m. Contact at 472-8880 or bedfordfields.com.
- **Concord** at Cole Gardens (430 Loudon Road) on Saturdays, 10 a.m. to 2 p.m. Visit colegardens.com or call 229-0655.
- **Contoocook** 656 Gould Hill Road on Saturdays, 10 a.m. to 1 p.m., through May. Visit harvesttomarket.com or call 508-282-0094.
- **Derry** Upper Village Hall (52 E. Derry Road) on the first and third Saturdays, 10 a.m. to 1 p.m. through

March. Call 434-8974 or email farmersmkt@ci.derry.nh.us.

- **Henniker** Parish Hall at Congregational Church of Henniker (5 Maple St.) on Thursdays, 4 to 6 p.m. through May 3. Visit harvesttomarket.com or call 568-1562.
- **Laconia** Indoors at Laconia Skate Escape Roller Rink (161 Court St.) every Thursday 3 to 6 p.m., excluding holidays and school vacation weeks. Visit laconiaindoor-wintermarket.weebly.com.
- **Milford** Milford Town Hall Auditorium (3 Middle St.) first and third Saturday mornings from 10 a.m. to 1 p.m. Visit milfordnhfarmersmarket.com.
- **Nottingham** Nottingham Municipal Complex (139 Stage Road, Route 152) on second Sunday of each

month, 1 to 4 p.m. through March. Call 679-5392 or email nottinghamfarmersmarket@gmail.com.

- **Raymond** Lamprey River Elementary School (33 Old Manchester Road) on the third Saturday of each month from 10 a.m. to 2 p.m., Call 679-8656 for details.
- **Salem** Lake St. Garden Center (37 Lake St.) Sundays from 9 a.m. to 1 p.m. through May. Visit salemnhfarmersmarket.com.
- **Tilton** 10 a.m. to 2 p.m. at 15 Lowes Drive on Saturdays and Sundays January through March. Visit tilton-winterfarmersmarket.com or call 496-1718.
- **Weare** at Weare Town Hall (15 Flanders Memorial Road) Saturdays, Oct. through May, 4-6:30 p.m. Call 491-4203 or see harvesttomarket.com

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You ate what?

Wherein the reporter keeps a food journal

By Jeff Mucciarone
jmucciarone@hippopress.com

I admit, I didn't keep a food journal on a day when I ate an entire Porterhouse steak myself. But I wouldn't have needed a nutritionist to tell me that wasn't such a good move.

Instead, I tried to pick a couple of days where I had no obvious reasons to overeat and I was hoping Melissa Koerner, a nutritionist and a certified holistic life coach, would give me some input on my diet during a couple days when I thought I was actually eating healthy. So I kept a food journal for two days this past December, writing down everything I ate. It turned out, I wasn't doing too bad. In all honesty, I probably exercised a little more discipline while walking by all the tasty offerings put out at the office, knowing someone was actually going to critique it.

"I have to say, I look at a lot of food journals ... and I've seen some pretty atrocious food journals," Koerner said. "Overall, I was very impressed. Generally, it was a very good meal plan."

She had some great tips and considerations for taking things to the next level.

In general, Koerner emphasized the importance of understanding the differences between organic and conventional food. She said she always refers people to the Dirty Dozen, which is a list of the worst fruits and vegetables in terms of the amount of pesticides and chemicals used in growing. If it's too overwhelming to purchase organic everything, the list provides some ideas for making targeted organic selections. For example, I'd eaten non-organic mixed

greens, which included spinach, as well as apples and celery. Those are healthy foods, for sure, but all three are on the Dirty Dozen list. Koerner suggested posted the Dirty Dozen right on the refrigerator as a reminder.

Koerner also suggested making it a point to choose organic dairy products. In this case, I had opted for organic whole milk, and organic whole-milk yogurt, but I wouldn't necessarily regularly choose organic dairy options outside of milk. I'll start trying to make it a habit.

She liked that I had chosen whole milk and whole-milk yogurt. And I liked that she liked that.

"People are obsessed with kicking out all the fat," Koerner said. "You need fats. I always recommend whole fat dairy, milk, yogurt and cheese."

However, she said yogurt and all its healthy probiotics are best consumed without a lot of sugar. I had opted for French vanilla yogurt. The sugar in the yogurt is counterproductive to the probiotics, she said. Instead she recommends a plain, whole-fat yogurt, and sweetening it yourself with raw honey or real maple syrup. She also suggested the sweetener stevia, together with berries, flax seeds or mixed nuts. Make it a gradual transition, as opposed to going straight to plain yogurt.

"I used to love Fruit on the Bottom yogurt," Koerner said. "So I did a transition, where I went to half plain, and half French vanilla, and eventually transitioned to full plain."

While Koerner liked that I added peanut butter in my oatmeal as a way to ingest healthy fats, she suggested switching to almond butter, which is a little more expensive. She said peanuts can be highly susceptible to mold. She suggested cashew butter as well, but she



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What the reporter ate

Monday, Dec. 17

Breakfast:

1 cup Old Fashioned Quaker Oats, with 1 cup of whole milk, 1 tablespoon peanut butter and 1/2 tablespoon honey
1 cup of coffee, about 10 ounces

Lunch:

Salad with mixed greens, carrots, onions, tomatoes, celery, a little bit of canned tuna (maybe an ounce or an ounce and a half), with balsamic vinaigrette dressing (maybe 2 tablespoons or a little less)
3/4 cup of French vanilla yogurt (Stonyfield, made with whole milk)

1 apple
1 clementine

Dinner:

Roast chicken (thigh and leg with skin, cooked with olive oil and herbs)
Torta (leek pie) 1 slice
(My mom made it and in turn, I would guess the pie crust was made with lots of butter.)

Dessert:

2 chocolate chip cookies

Tuesday, Dec. 18

Breakfast:

1 cup Old Fashioned Quaker Oats, with 1 cup of whole milk, 1 tablespoon peanut butter and 1/2 tablespoon honey

1 cup of coffee, about 10 ounces

Lunch:

2 large hard boiled eggs
3/4 cup of French vanilla yogurt (Stonyfield, made with whole milk)
1 clementine
1 apple

Midday snack:

1 small brownie (Because they just keep putting stuff out on the table at work.)

Dinner:

Pasta with sauteed broccoli rabe, and Italian sausage. Sauteed in olive oil. A big plateful served with grated Parmesan.

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said with any nut butter, make sure to get it raw, since heating it damages nuts' proteins and fats.

Honey was a good choice to add to oatmeal as well, Koerner said. But she said to make sure the honey was raw, since non-raw honey is heated, which can damage the healthy enzymes in honey. Koerner said raw honey is probably the best sweetener available. It's easy to determine if honey is raw: you can't see through it, she said.

Coffee and caffeine are always controversial, but Koerner said coffee is only bad for someone whose stress levels are out of control. Since caffeine is a stimulant, it can just further elevate stress levels in an already stressed-out person. However, Koerner did not recommend having cup after cup of coffee all day long.

In this case, I was having coffee black, but for those who like a little milk or cream in their coffee, Koerner suggested an organic, whole-fat cream. For sweeteners, she suggested stevia, honey or maple syrup.

"People are better off consuming coffee with a little healthy fat, because coffee by itself can be a little stressful for the body to deal with," Koerner said. "Fat is good for you if you know it's coming from a good source," Koerner said.

I'd tossed some pasta with broccoli rabe and Italian sausage on the second night for supper. (The broccoli rabe was too bitter for my wife's liking.) With any cured meat, Koerner said to make sure the meat is made without nitrates or nitrites or other food additives, which can be tied to some cancers.

I appreciated that Koerner was OK with me opting for a couple cookies one day and a brownie the next.



Choose organic apples whenever possible. Photo by Dezidor.

"There is nothing wrong with having a cookie or a brownie," Koerner said, adding it can be a fun bonding experience to make cookies with your kids.

"My philosophy when it comes to eating healthy is the 90-10 rule," Koerner said, which means 90 percent healthy foods, 10 percent whatever you want.

She advised against trying to diet by just never eating sweets.

"Diets don't work," Koerner said.

When Koerner wants to address a sweet craving, she throws together a smoothie comprised of a banana, a heaping scoop of almond butter, and raw whole milk, or coconut milk or almond milk, and a tablespoon of raw cacao powder. Some people might want to add stevia or honey.

"It is a phenomenal milkshake," Koerner said. "It's a great way to feed a chocolate craving."

Another go-to snack for Koerner is to take apple slices and dip them into almond butter and then sprinkle them with a little cinnamon.

"There is nothing wrong with sweets in the diet...it's just a matter of making healthier choices," Koerner said.

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Cook healthy

Be your own diet-conscious personal chef

By Kelly Sennott
ksennott@hippopress.com

Perhaps the best thing about taking a healthy cooking class is that you're told whether you're doing it right — or wrong — before the stuffed shells go in the oven.

Barbara Bonsignore teaches gourmet vegan cooking classes about once a month through the Concord Community Education program at Concord High School. While she says that the No. 1 reason she became vegan in 1980 was in protest against animal cruelty, she has to admit, the health aspect is a reason that many of her students have gravitated toward vegan cooking. Lucky for them, they won't have to make the same mistakes that she did when she started cooking vegan.

The first vegan meal she ever made was a cheesecake. It tasted terrible.

"It was a long process," she said of

her evolution into vegan cooking. "In the beginning, some of the stuff I made was so bad even the dogs wouldn't eat it."

It's much easier for people to be vegan today, she said, because it's become a hot trend: today, you can easily find animal product substitutes (Earth Balance buttery spread, for instance, replaces butter) in grocery stores, and recipes like Bonsignore's (she recently wrote a vegan cookbook, *Cooking with Compassion*) in cookbooks and on the Web.

There are misconceptions that say that cooking vegan means that you'll end with a bland result. Or a salad. ("I hate salads! They're so boring!" Bonsignore said.) She can make almost any meal vegan, "And mine are just as good ... I want to show people that you can eat vegan and eat gourmet."

She credits her exuberant energy to her vegan lifestyle; she says that she's not

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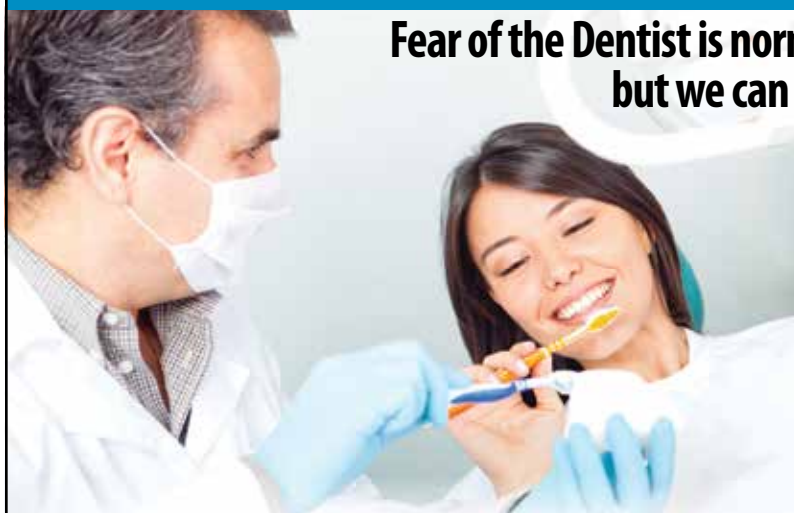
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weighed down by oils, hormones and fats. A petite woman with a feisty energy, she exclaims (as she's preparing for a Monday evening cooking class), "I've got the energy of a teenager. I get up at 6 a.m., and I don't stop until I go to bed at midnight!"

It's evident in the way she cooks; this December class, in particular, occurred after a snowstorm, and a handful of the folks who originally signed up for the class were unable to make it. So instead of cutting out some of the planned dishes — chocolate peanut-butter stuffed French toast; tofu Amaretto cheesecake; "Mustardy Mushrooms;" stuffed shells and vegan eggnog — she ups the efficiency, bustling around the kitchen like a chef during rush hour.

Most dishes are cholesterol-free, low-fat and all-natural. "Everyone's focused on low cholesterol, low fat. That aspect appeals to a lot of people," she said before her monthly Monday evening cooking class. "It's possible to get all of your protein from plant sources," she said. Most of the people who take her class, in fact, are not vegan; they're looking to learn how to cook for their vegetarian or vegan loved ones, or simply for ways to cook healthier. One woman, Bonsignore said, started taking her classes to cook for her diabetic husband.

She's had students who have never cooked before, never mind vegan, so there's no need to be intimidated. Don't know the best way to cut onions? She demonstrates a matter-of-fact way of giving directions at a December cooking class, and does so with patience and positive reinforcement.

Taking a supervised cooking class builds confidence. "Some people come in saying things like, 'I'm scared,' or 'I can't do this!'" she said. Cooking vegan, in particular, can be intimidating for beginning cooks because of the ingredients you can't use, that for non-vegans, can be quintessential cooking ingredients: eggs, milk, cheese, and of course, meat.

One of Bonsignore's regular students, Bedford resident Carolyn Ritzinger, found out about the classes through a friend. She's not vegan, nor is anyone in her family, but she enjoys the health aspect. She was pleasantly surprised at just how tasty vegan meals could be, and said that her family has cut down on eating meat.

The highlight is at the end of the class, when there's a taste-testing, or, if there's a smaller number of students in a class, a meal.

Bonsignore's healthy cooking class is just one of many classes that you can opt to take in getting first-hand experience. Concord Food Co-op is offering another way to learn how to cook healthy through a ten-week series of demonstrations. They began last Monday, Jan. 7, and continue every Monday, 6:30 to 8 p.m., until March 11.

Chef Mike will offer live demonstrations during this series, but visitors will also be getting a full panel of experts, with a new speaker every night, who will talk about antioxidant, anti-cancer, mood-boosting, light, sustainable, vegetarian, flexitarian and gluten-free cooking at this weekly series, which occurs at the Holiday Inn.

Cooking classes and cooking demonstrations offer something that books, websites, just can't. "Books are great, but a lot of people really like having someone show them how to do it," said Maria Noël Groves, who will be hosting the 10-week cooking series along with Chef Mike Cook at the Concord Food Co-op.

"People love to eat. But they also want to be healthier while they're eating," Groves said.

Learn to cook healthy

- **Bedford Community Education** (Bedford High School, 103 Country Road, Bedford, 472-3755) holds cooking classes at Bedford High School. Email Susan Sambrano at sambranos@sau25.net or call 310-9000, ext. 3127.

- **A Market** (125 Loring St., Manchester, 668-2650, myamarket.com) is a natural food store that holds classes and workshops on health and nutrition.

- **Creative Feast Classes** (thecreative-feast.com, 5 Broad St., Hollis, 321-5011) offers classes and demonstrations on healthy cooking with Liz Barbour.

- **Concord Community Education** (<https://classesforlife.com>) classes with Concord offers a number of adult education cooking classes, including gourmet vegan cooking and gluten-free baking. These classes are held at Concord High School, 38 Liberty St., Concord.

- **Co-op Classes** with the Concord Cooperative Market, 24 Main St., Concord, 225-6804, concordfoodcoop.coop, holds regular series on wellness, green living and cooking. Registration is required. Call 410-3099.

- **Derry Adult Education** offers healthy cooking classes each semester. Visit sau10.org/departments/adult-education. Classes are held at local schools.

- **Fresh Flavors** has free cooking demonstrations at Fresh Market, 79 S. River Road, Bedford, 626-3420. Visit thefreshmarket.com for cooking demo and date each month.

- **Hannaford Supermarkets** offer free classes on stretching your food budget, healthy cooking, time-saving meals, etc. Visit hannaford.com and click on "news and events" for classes near you.

- **Wintergreen Botanicals** with herbalist Maria Noël Groves holds regular classes all over the state on the use of herbs for better health. Contact her at 268-0548 or see schedule at wintergreenbotanicals.com.

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US History	Academic	T.Westphal	1	Tuesday	Feb.12-May 28	3-5pm	\$160
SAT-Math	Elective	C.Russo	1/4	Tuesday	Feb.12-April 9	6-8pm	\$75
GED-Language	N/A	M.Theriault	N/A	Tuesday	Feb.12-May 28	6-8pm	\$30
Digital/Photoshop	Elective	R. Cardonna	1/2	Tuesday	Feb.12-April 30	6-8pm	\$100
Continuing Tai-Chi	Elective	M. Roth	1/2	Tuesday	Feb.12-April 30	5:45-7:15pm	\$100
Tai-Chi	Elective	M.Roth	1/2	Tuesday	Feb.12-April 30	6:7-15pm	\$100
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Music-private lessons	Music		N/A	Check web site	By appoint.	By appoint.	\$30.00 per hour
Career Exploration	Enrichment	Colleen McInnis	N/A	By appoint.	By appoint.	By appoint.	Free
Emerg/Prepare-Cert training	Enrichment	S. Jutras	N/A	Tues&Thurs	Feb.12-March 21	6-8pm	Free
Basic Computer	Enrichment	K.Solloway	N/A	Tuesday	Feb.12-April 9	6-8pm	\$75
Digital/Photoshop	Enrichment	R.Caradonna	N/A	Tuesday	Feb.12-April 30	6-8pm	\$85
Continuing Tai-Chi	Enrichment	M.Roth	N/A	Tuesday	Feb.12-April 30	5:45-7:15pm	\$80
Tai-Chi	Enrichment	M. Roth	N/A	Tuesday	Feb.12-April 30	6-7:15pm	\$80
Gardening-1 night workshops-Container gardening: Composting:Native plants: Native woody plants: What is Permaculture	Enrichment	P.Kovescs	N/A	Tuesday	March 5-April 2	6-8pm	\$20-each
Sustainable Organic Gardening	Enrichment	P.Kovescs	N/A	Thursday	Feb.21-April 4	6-8pm	\$80
Jewelry Making(Chain Maille)	Enrichment	K.Mandau	N/A	Thursday	Feb.14-March 28	6-8pm	\$80+mat.
Mindful Living	Enrichment	C.Howard	N/A	Thursday	Feb.14-April 4	6:45-8pm	\$80
Creative Welding	Enrichment	R.Caradonna	N/A	Thursday	Feb.14-May 2	3:45-5:45pm	\$85+\$50
Creative Welding	Enrichment	R.Caradonna	N/A	Thursday	Feb.14-May 2	6-8pm	\$85+\$50
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The BIG Event

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Weddings are the grandest of grand celebrations, the Mount Everest of event planning. Unless they elope at City Hall, the bride and groom will be knee-deep in their to-do list from the moment he puts a ring on it until they say “I do.”

But other big celebrations take effort too — probably more than the average good-intentioned host expects. For the mom planning her daughter’s baby shower, did you think about the invitations? What about the food? And how about the day and the location and the party favors and the games? And Grandma and Grandpa’s 50th anniversary — boy, they deserve more than a meat platter and a store-bought cake, but the devil is in the details, indeed.

Big parties need big planning, and, more often than not, it’s best to divvy up the responsibilities. Kelly Sennott talked with event planners for advice on how to share tasks, which could include sending out invitations or finding a caterer. Incidentally, Cory Francer got the lowdown on the latest trend in invitations, and Luke Steere talked with local caterers about how they handle big events.

On the lighter side, Jeff Mucciarone had way too much fun finding out how to throw an unforgettable bachelor or bachelorette party. And, just for the ladies, Meghan Siegler and Erika Follansbee worked in tandem to find and photograph the best dress styles for every body.

If you have a big event coming up, the Hippo’s got you covered. And if you don’t, well, you might find yourself inventing an excuse to throw a major celebration when you see how much fun you could have.



Dancers, booze or a massage

Bachelor and bachelorette parties can be crazy — or not

By Jeff Mucciarone
jmucciarone@hippopress.com

Soon after your best friend turned to his lovely girlfriend on bended knee and offered her a diamond ring and a

lifetime of marital bliss, he turned to you, presumably not on bended knee and asked, “Will you be my best man?”

You said yes, obviously, because, “Awesome.” Now it’s time to plan the bachelor party. Because other

than renting a tux that fits and making sure the groom shows up on the wedding day, groomsman get it easy, let’s be honest. But planning a bachelor party, or a bachelorette party for that matter, is no small task. 38 ►

The best dress for your body

By Meghan Siegler
Photos by Erika Follansbee

Whether you're the bride or always the bridesmaid, the prom-goer or the guest at a military ball, special occasions call for gorgeous gowns. So how do you find a dress that fits you so perfectly it's as if your very own fairy godmother has waved her magic wand and, poof, erased your flaws? Fairy godmothers may be the stuff of Disney dreams, but there are a few tried and true tricks that will help you choose a dress that accentuates your best bits while minimizing your worst. Wide hips? Go for an A-line style. Too much tummy? Ruching works wonders. The Hippo talked with Brian Fortin and his staff at Modern Bride & Formal Shop in Bedford (modernbrideshop.com) for some advice on buying the perfect dress for any big event. From long, poofy gowns to sleek cocktail dresses, we got the lowdown on styles that will make you feel like the belle of the ball.

All of the dresses on this page have sweetheart necklines, popular with women who want to accentuate their bust. Each dress is also floor-length, providing elegant coverage for imperfect legs.

Part of the Disney collection by Alfred Angelo, the dazzling blood-orange dress (center) has a corset-like top that smooths out the tummy, while legs are hidden under the full-skirted, ruffled bottom. And even if you don't love your bare arms, the flashy color will take the focus off your less-than-fantastic parts. If you want to be seen, this is your dress.

The pink and white gown (top right) has a wide belt to cinch the waist and a poofy, floor-length flowing skirt that hides any imperfections from the waist down. "If you're hippy, that's perfect," said Debbie Fortin, who has been part of the Modern Bride & Formal Shop family since it opened 27 years ago and is owner Brian Fortin's sister-in-law.

The deep blue Jovani dress (center right) features sparkly sequins from chest to legs; it is also form-fitting and probably best for women who are comfortable showing off their figures. The sequins draw the eye toward the chest, making it a good choice for someone who wants to enhance a smaller bust.

The elegant Victorian Lilac Bill Levkoff dress (bottom right) has a flowy bottom and a ruched top. "Ruching is huge," Debbie Fortin said. "It offers a shape or helps hide things."





Formal dresses with sleeves aren't common, but there is a selection for mothers of the bride or women who want a little extra coverage. This Jade by Jasmin dress (top left) has see-through, lace sleeves, making it an elegant choice.

The "Beyond the Sea" Alfred Angelo dress (center), also part of the Disney collection, is cocktail length and features a loose, swingy skirt. This allows women to show off toned calves but is long enough to cover not-so-toned thighs. It also has a belt to highlight the smallest part of the waist. "Belts have been huge," Brian Fortin said.

The sunflower After Six dress (bottom left) is tea-length, which covers the knees but still shows a little leg. It is simple and versatile, and the straps offer a different look – and more support for bigger-busted ladies.

Like the lilac dress on the previous page, this orange number (top right) is the same style Bill Levkoff dress, but the color is much bolder, and it's cocktail length for women who have smokin' legs and want to show them off.

A few dress-buying tips

1. At a custom shop like Modern Bride, keep in mind that the average delivery for a wedding dress takes four and a half months, and then you have to add a couple of months for alterations. Brian Fortin suggests beginning the search eight months to a year before the wedding.
2. Don't be afraid to ask for help from the pros. People like Debbie Fortin, who has seen hundreds of women in hundreds of dresses, will work with you to find the perfect dress based on your dreams and the realities of your body and your budget.
3. Don't narrow down your options too quickly. "We stress having an open mind," Brian Fortin said.
4. Don't buy it unless you feel amazing in it. "She has to feel comfortable in it," Brian Fortin said. "We want her to feel good about it."

For the Bride



When it comes to wedding dresses, it's not all stark white anymore. "More people find that the ivory is softer," Debbie Fortin said. These wedding dresses feature several popular elements, such as the keyhole back on this Maggie Sotero number (left). Brian Fortin said the keyhole back is quite popular, as are the ornate buttons. This dress, which you can also see from the front (right), is one of the most tried-on dresses at Modern Bride, he said.

Brian Fortin also noted that most dresses are strapless, but the dress above, another Maggie Sotero, has the option of adding cap sleeves, which entirely changes its appearance.

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THE BIG EVENT

35 ► Optional Step 1: consult the Internet.

If you Google “Bachelor Party NH,” the trusty Internet’s first offering is for Bachelorpartyhq.com, which advertises the “hottest NH strippers and female exotic dancers for any type of party, specializing in New Hampshire strippers.” Actually the first four Internet offerings involve strippers. Google “Bachelorette Party NH,” and the offerings are decidedly less likely to make the Hippo office firewall start spinning like a top.

Let’s get serious though. A wild and crazy time in Las Vegas, a quiet and relaxing weekend at a spa, golfing in a beautiful locale or an intimate dinner at a great restaurant — the bachelor or bachelorette party can run the gamut. But the important thing for the planners — typically the best man or maid of honor — is to know what the bride or groom wants, said Laurie Mantegari, a longtime New Hampshire event and wedding planner and owner of Everyday Details. That’s who the dinner or the golf or the dancing girls are for, after all.

The guest list

“You really want to keep the bride and groom in mind, and invite people who you know the bride or groom are going to want to spend the afternoon or weekend with, so they can enjoy it stress-free,” Mantegari said.

These parties are usually intimate affairs with only a handful of close friends, Mantegari said. Feel out or directly ask for a guest list. Interpretation: Uncle Eddie doesn’t need to be in on that wild and crazy Vegas trip. Grandma is out too, for that matter.

“You don’t want to invite the bride’s 80-year-old grandmother to the bachelorette party if the bride then has to worry about what she says or does,” Mantegari said.

What to do?

The assumption is that if you’re the best man or the maid of honor, you probably have a clue about what he or she might be hoping for.

The norm used to be that groomsmen or bridesmaids would rent a limo and take the party from restaurant to restaurant and bar to bar. That’s still popular, but Mantegari said there is more creativity now. More and more, bachelor and bachelorette parties have become full-weekend affairs.

Think about the bride and groom’s interests. If the wedding is slated to take place on a mountaintop resort, a getaway at a ski lodge could be perfect.

“Maybe you get to ski during the day and then have a nice dinner at the lodge,” Man-



Uh oh, they’re pulling out the lamp shade. Photo by Kai Hendry.

tegari said.

If the bride or groom is an avid runner or hiker, maybe incorporate something outdoorsy. Maybe do a weekend getaway where the party wakes up, has a nice breakfast and then heads out on a hike, then spends the afternoon at the spa. The spa weekend is a big one for women.

“Be creative,” Mantegari said. “What do the bride or groom both enjoy?”

Just take note if you hear the groom say something like, “I hate golf.” That’s a clue to shy away from golf. Or if the bride had a horrible meal at a particular restaurant, maybe that shouldn’t be the location for the party.

Balancing reality with hopes and wishes

“Let’s have a bachelor party with chicks and guns and fire trucks and hookers and drugs and booze.”

You might want to consider subtracting a few things from that highly creative list from 1984’s *Bachelor Party*, but there does appear to be something about bachelor and bachelorette parties that makes people go a little crazy.

Still, your bridesmaids or groomsmen are mere mortals with real live checking accounts that go down when they spend money.

Brides and grooms shouldn’t be asking for the moon, Mantegari said. That wild and crazy trip to Vegas would surely be fun, but plane tickets and hotel costs, not to mention, food, drinks and shenanigans, add up to big dollars quickly. Planners should be taking into account costs and running it by all participants.

“You can have a nice intimate party ... and it doesn’t have to be the whole 40 ►



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081742

38 ► weekend,” Mantegari said.
A bachelorette party can be centered on an intimate dinner at a great restaurant. Have a decadent cake and pick a place with a nice wine bar, Mantegari said.

Managing costs

While planners need to make sure the bride or groom would approve of all guests, it's equally important not to leave people out, particularly because of monetary concerns. A weekend golf getaway at Hilton Head would probably be a fantastic time, but not everyone can afford that. If people are concerned with cost, maybe think about an alternative that involves golfing.
It's an honor to be asked to be in a wedding, but a certain amount of anxiety can come with it too. Being in a wedding is costly. Bridesmaids need to buy a dress. Groomsmen need to rent a tux. Bridesmaids are usually involved with the planning and the costs of a bridal shower. Bridal party members need to pay for travel and accommodations.
“If you want to do it and your heart wants you to do it, you'll have time to figure out your own piece and how to make it work,” Mantegari said. “It's like anything you buy in life. You don't always expect the brakes to go, but they do and you have to budget and figure it out.”

Choosing your team
Picking the right players can make your big event flow or flop

By Kelly Sennott
ksennott@hippopress.com

Sometimes, just the idea of planning a wedding can make you want to elope, but event planners Kate Martin and Laurie Mantegari say it's totally doable. You just have to make sure that you have a great team.
First thing's first: decide who's going to do what.
Mantegari, Everyday Details event planner, recommends that couples sit down and make a timeline in the beginning of their planning. At this meeting, decide when you'll have your band by, when you'll have your videographer by, and, perhaps most importantly, who you'll ask for help. Traditionally, the maid of honor, best man and parents of the bride have had set roles. But times have changed. Now, you decide.
“Years ago, it was a given that a bride's family was paying for everything. They were throw-

ing the wedding of the decade for their daughter. The mother made all of the arrangements, and the bride walked down the aisle and accepted it all,” Mantegari said.
Now, the bride and groom want to be involved in the planning, and people are making their own traditions.
There are pros and cons in having many people involved with wedding planning. For one, you'll have to less work. Also, if you have more people involved (your parents, grandparents, in-laws), you might be getting help financially.
On the other hand, “You're going to have lots of opinions,” Mantegari said. “This can be very stressful for couples, because it's their day and they want to do what they want.”
It can be nice to have other opinions to brainstorm with, she said, but what often is the case is that you're afraid to hurt someone's feelings and end up with

something you're not happy with.
“Use a checklist so that you don't get into that situation. It's supposed to be a fun time, not a time when you're trying to be a peacekeeper,” she said.
In deciding roles, know what aspects you're okay letting go with; the deejay, for instance, or the videographer, may be some things that you wouldn't mind if your mother, father, sister helped out with. Designate this role early on.

The roles vary depending on the event too — it's not just weddings that need extra hands to plan. Moms are often very involved in planning baby showers, while big birthday parties tend to be orchestrated by a spouse or a friend.
Just don't make the mistake of trying to plan any kind of big celebration on your own. Take the help where you can get it.

Staying connected

Pinterest: It's a bride's best friend, said Kate Martin of Beautiful Dreams, LLC.
“Because there are so many people who are planning weddings who do not have their best friend or mom around the corner, Pinterest is a great place to have people help share ideas,” she said.
If you're not familiar with the website, it's a pinboard-style photo-sharing, social media website where users can create and manage theme-based collections of images.
“It's a way to organize all of your pretty pictures and to share it with friends and family,” she said.
And good old email makes staying in touch easy too — just don't forget to use the CC and reply-all functions so everyone is in the loop. But don't abuse the ease of accessibility either. Your “team” is going to lose patience quickly if you update them on everything.



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Catering the big event

By Luke Steere
lsteere@hippopress.com

Whether you're planning a wedding, a baby shower or a simple backyard birthday party, the food's the thing. It's what your guests probably care most about — aside from the happiness of the bride and groom, the parents to be or the birthday boy.

Food for any big event needs to be well thought out, as it can play a critical part in setting the tone, accenting the decor, and, of course, filling up hungry guests.

"When it comes to clients, we always start with honoring them and their ideas, and then play it out into the reality of the day," Greenhouse Catering event director Cheri Roberts said.

Roberts said menus for shorter parties, like baby or bridal showers, may have light bites, baked goods or cocktails.

Weddings tend to require more planning. John Hanna, owner of Washington Street Catering in Concord, said he's found his clients start with the food.

"We have people booking us one year in advance for bigger things like weddings ... they know what they want to eat, and we plan based around that menu," he said.

Hanna has owned and operated Washington Street Catering with his wife, Marie, for the past 26 years, and he said the key is customer interaction.

"If the attire is casual, we might suggest a barbecue; if it's more fancy, lobster or shrimp. If they want a five-course dinner, we'll discuss how to incorporate that into the space," Hanna said.

Some are straight-up: a location beckons for Mediterranean food or a family really, really wants to do a Hawaiian pig roast. More and more these days people are looking to avoid a white-on-white wedding.

"We have been seeing a lot of non-traditional weddings, like upscale grilled foods, and a lot more with local eating too. We've



Place settings and menu play a big part in weddings.

catered at Dimond Hill Farm [in Concord] and used their lettuce and leafy greens and incredible tomatoes," Roberts said.

For any event, sample menus are a good start, and ask to try the food too. Timing considerations revolve around the food. Hors d'oeuvres, an introductory toast, a cocktail hour, cake and coffee and the dinner all need careful orchestration.

"The occasion doesn't revolve around the caterer or the chef, but we do synch with other vendors. All of it requires planning, a timeline to create a bit of a sequence — the musicians, photographer and caterer all synch together," Roberts said.

When budgeting, caterers work with their clients to set realistic expectations.

"A common misconception is having a casual, simple wedding means a less expensive one. We've done some very expensive, beautiful simple weddings," Roberts said.

Food doesn't have to come from a caterer. Many restaurants do event service too.

"The most prominent reason people choose to go to places like us is it's a one-stop shop," Crowne Plaza Hotel wedding coordinator Jackie Connerty said.

Crowne Plaza Hotel in Nashua offers the whole package, from the ceremony to the dinner. By doing so, there's "one contact and one details meeting. It's convenient," she said.

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Bite The Bullet Bar-B-Que, Wilton, 722-0742, bitethebulletbbq.com

Extra Touch Gourmet, 4 Hawthorne Drive, Bedford, 488-6620

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Greenhouse Catering, 452 Amherst St., Nashua, 889-8022

Gurnam's Catering, 326 Daniel Webster Hwy., East Merrimack, 429-8036

Michael's Market, 8 Stiles Road Ste. 107, Salem, 893-2765

The Stocked Fridge, 704 Milford Road, Merrimack, 881-9635

Washington Street Catering, 88 Washington St., Concord, 228-2000

Weir Roasting, 139 Main St., Pembroke, 736-7543

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THE BIG EVENT

You're invited

Give your guests a good first impression

By Cory Francer
cfrancer@hippopress.com

Good events start with good invitations — and these days, the possibilities are endless.

Celeste Simpson, owner and creative director of Impress Me Designs in Windham, said that prior to the Internet era, invitation options were much more limited. Aside from fonts and colors selected from a book or catalog, there wasn't very much to choose from.

Now, "the options are just unbelievable and allow for making everything unique," she said. "People want personalization, and even the smallest embellishment can make it unique to them."

Weddings

As technology has advanced, so have the ways embellishments can be added to invitations and how they can be printed. In addition to adding items like crystals or brooches to the paper, Simpson said, a popular enhancement is laser-cutting a design directly into the invitation.

With the use of the Internet, customers are able to browse through options online and use social media to give designers a glimpse into their personal tastes.

"We encourage brides to create a Pinterest board and pull down images that pique their interest," Simpson said. "One little picture can set the trend or theme for the day."

Katherine Shamel creates custom invitations at Delightful Designs by Katherine in Chichester. She said she uses technology to her advantage by sending her clients photographs of the work in progress as she goes through constructing a finalized order.

It's a way to bring customers into the process from beginning to end, she said.

"They love it, and since most people have smartphones, if they want I can message photos right to their phone," Shamel said.

"When using a ribbon, you could go and find a vintage ribbon or use a lot of twine for a rustic invitation," Marion said. "With the graphic itself, you can use the graphic and wording and bring in that theme."

Wedding invitations usually include like RSVP cards, directions and menu options. Because of how much needs to be stuffed into each envelope, Both Shamel and Marion said a popular new trend has been pocket card invitations.

"A lot of people like that because [they can] keep it all organized," Shamel said. "Or sometimes people use a nice band that slides around everything."

Birthdays, babies and beyond

When it comes to invitations for other events, the design elements aren't always dictated by trends. Simpson said that for a child's birthday party, she most frequently designs invitations to mirror the child's interests.

"It could be that they like karate or dance or they just like going to the zoo," she said. "Then I build the invitation around that look and feel and tie it in together."

Aside from weddings, the most common invitation requests tend to be for once-in-a-lifetime events like bar and bat mitzvahs or confirmations, or milestones like a first or 50th birthday, Simpson said. But once a relationship with a customer is established, Simpson said she frequently finds herself designing their child's birthday invitations each year.

Sometimes, Simpson said, the invitation requests come from places she least expects.

"We had a big year last year," she said. "We did all of Governor Romney's invitations for his private fundraising events. That got us a little notoriety."

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The trends

As technology has completely changed the way invitations are constructed, popular trends in invitation appearance have changed as well.

Jackie Marion, who co-owns Talk, Paper, Scissors, a Manchester-based paper craft and invitation design company, with her sister Christine Whitworth, said invitation trends have gone from very formal in the early to mid-20th century to more colorful and creative in the 1970s and '80s.

Currently, Marion said, a popular design trend for wedding invitations is a rustic or vintage feel.



Invitations are an event's first impression. Courtesy photo.



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THIS WEEK

EVENTS TO CHECK OUT JANUARY 17 - 23, 2013, AND BEYOND

Thursday, Jan. 17

Want some hints as to why you're feeling sick, fat and tired? Fitness and nutrition coach Melissa Koerner will share five common diet and exercise misconceptions at Rodgers Memorial Library (194 Derry Road, Hudson) at 7 p.m. Registration is required. Call 886-6030 or visit rogerslibrary.org.



Thursday, Jan. 17

Eric Pinder, author of several children's books including *Life at the Top: Weather, Wonder & High Cuisine*, will talk about his extensive experiences at the Mount Washington Observatory. The talk starts at 7 p.m. at the Kelley Library, 234 Main St., Salem. See kelleylibrary.org.



Saturday, Jan. 19

The Mt. Kearsarge Indian Museum (18 Highlawn Road, Warner) will present "Tenant Swamp: A Late Ice Age Site in Keene" at 12:45 p.m., led by Dr. Robert G. Goodby, an associate professor of archaeology at Franklin Pierce University. Potluck lunch at noon. Admission is free. Call 456-2000 or visit indianmuseum.org. Photo courtesy of Franklin Pierce University.



Tuesday, Jan. 22

Unemployed? Learn how to improve self esteem and self confidence and how that can help in finding a job at the Holistic Self Care Center (12 Murphy Drive, Nashua) from 6:30 to 7:30 p.m. Admission is free. Call 883-1490, email info@thehsccenter.com or visit thehsccenter.com.



Wednesday, Jan. 23

The Holistic Self Care Center (12 Murphy Drive, Nashua) is hosting a free program that will teach about positive life change that can result from hypnosis from 6:30-7:30 p.m. Call 883-1490, email info@hsccenter.com or visit thehsccenter.com.

Free: acupuncture

Learn about and try acupuncture with Paul Mosier of Acupuncture & Everything Wellness. The session takes place at Nia NH and Yoga (110 Route 101A, Amherst) Thursday, Jan. 17, from 10:45 a.m. to noon. Call 562-7525 or visit nianhandyoga.com.

Cheap: mac and cheese

The Granite State Dairy Promotion (Concord, 271-3696) Macaroni and Cheese Bake Off is scheduled for Saturday, Jan. 19, from 2 to 5 p.m. at the Courtyard Marriott (70 Constitution Ave., Concord). The cost is \$10, with children 10 and under free.

Splurge: music

Eat, drink and dance to big band music. On Saturday, Jan. 19, at 7:30 p.m., Lakes Region Big Band performs at Franklin Opera House (316 Central St., Franklin). Tickets are \$40, which includes complimentary hors d'oeuvres and beverages. Call 934-1901.

ARTS

Fine art from cheap reads

Pulp fiction given new life in paintings

By Kelly Sennott
ksennott@hippopress.com

In pulp fiction art, what was second-rate yesterday is museum-worthy today.

The Southern New Hampshire University McNinch Art Gallery's latest exhibition, "Pulp Fiction: The Original Graphic Art Novel," features original paintings from popular 1920s and '30s pulp fiction novels, with damsels in distress, chiseled action heroes, aliens and mad scientists.

These detective, Western, horror, air-war, science fiction and hard-boiled drama novels were coined "pulp fiction" for the cheap, wood pulp paper on which the magazines were printed.

"These were dime novels ... you could pick them up at a newsstand, at a cigarette shop. It was an inexpensive source of entertainment for more of a working class group," said Debbie Disston, director of the McNinch Art Gallery.

Writers made perhaps one or two cents a word, and pulp artists made even less, at around \$50 to \$100 per cover painting.

"Most of them are not particularly well-executed paintings; they're illustrations,

Pulp Fiction

Where: Southern New Hampshire University McNinch Gallery, 2500 N. River Road, Manchester, 626-9100

When: Jan. 21 through Feb. 22

Opening reception: Thursday, Jan. 24, 5 to 7 p.m.

created by the artist who served a purpose for describing whatever the story was, or a dramatic image to attract a passerby's attention," Disston said.

And yet, here we are, almost 100 years later, admiring these full-sized paintings in galleries and museums. This particular exhibit represents a portion of Robert Lesser Collection taken from New Britain Museum of American Art in New Britain, Conn.

"One of the reasons I wanted to hold this exhibit is because [SNHU has] a very strong graphic design and game design program. The students do get involved with illustration, especially in game," Disston said.

She thought that the science fiction art, in particular, would be especially interest-



"Interplanetary Graveyard" by Howard Brown. Courtesy photo.



Cover art for *The Shadow Magazine* by George Rozen. The '20s hero was inspiration for Batman. Courtesy photo.

ing to students in these majors. The colors are bright, the subject is supernatural: one painting depicts a handsome hero saving a damsel in distress from a long-limbed creature, another, an alien desert attack. Just as these artists did with paint, SNHU students, too, might be creating these surreal worlds in their work, she said.

"The originality is something that I wanted to convey. ... These students are so involved with technology to create their art that I thought it was important to bring out

some art that has definitely inspired contemporary imagery," she said. "What you see less and less of today is original art. Students in graphic design, game design, are learning what the most essential trends are in the commercial art world. I thought it would be great to show some original art that had a very close connection to what they might do in graphic design, illustration and game design." 🗨️

47 Art

Includes listings for gallery events, ongoing exhibits and classes. To get listed, e-mail arts@hippopress.com.

49 Theater

Includes listings, shows, auditions, workshops and more. To get listed, e-mail arts@hippopress.com.

51 Classical

Includes symphony and orchestral performances. To get listed, e-mail arts@hippopress.com.

ART LISTINGS

Art events

• **MARTIN LUTHER KING JR.'S LEGACY IN ART** gallery talk with Jane Seney on Mon., Jan. 21, at 11:30 a.m. at the Currier Museum of Art (150 Ash St., Manchester, 669-6144). Examine how various artists dealt with issues of racism, equality and the vision King expressed 40 years ago. Free with museum admission.

Exhibit openings

• **ROBERT CLIFFORD** photography exhibit, "Nature's Theatre," at the Historic Belknap Mill (25 Beacon St. East, Laconia) Jan. 15 through Jan. 28. Opening reception on Thurs., Jan. 17, 5-7 p.m.

• **ALL ABOUT PAPER** photo enthusiast group exhibition on Sun., Jan. 20, 2-4 p.m., at the Partridge House, 777 Lafayette Road, Hampton. Photos from seven active members. Call 380-3702.facebook.com/pages/Historic-Belknap-Mill. Opening reception Thurs., Jan. 17, 5-7 p.m. Free.

• **SEACOAST ARTIST ASSOCIATION JANUARY SHOW** People's Choice reception on Sat., Jan. 19, 2-4 p.m., at the Gallery, 225 Water St., Exeter. Vote for favorite before 4 p.m. Runs

through Jan. Call 778-8856, visit seacoastartist.org.

• **PULP FICTION: THE ORIGINAL GRAPHIC NOVEL ART** exhibit at Southern NH University McNinch Art Gallery (2500 N. River Road, Manchester, 629-4622, snhu.edu/art) Jan. 21 through Feb. 22. Opening reception Thurs., Jan. 24, 5-7 p.m. Free. From the Robert Lesser Collection of Pulp Art.

In the galleries

• **"ABOVE AND BELOW: SKYSCAPES AND LANDSCAPES"** exhibit by Becca Anderson and Mary Carroll Moore at Amherst Town Library, 14 Main St., Amherst, 672-1700, through Feb.

• **ALL PI-ED UP: EXPERIMENTS IN LETTERPRESS BROADSIDES** exhibit at Sharon Arts Center, 49 Main St., Sharon, on display through Jan. 21. Call 924-7676, visit sharonarts.org.

• **CHILD AT HEART** art exhibition at the League of NH Craftsmen gallery, 49 Main St., Suite 100, Concord, open for viewing Jan. 11 through April 13.

• **CHRISTINE A. RYAN** shows her artwork at City Hall (229 Main St., Nashua) as the Nashua Area

Artist of the month for January.

• **CERAMICS EXHIBIT** with work by artists Eleonora Lecei, Megan Bogonovich, Tim Christensen and Boyan Moskov, at the Hargate Gallery at St. Paul's School (325 Pleasant St., Concord, 229-4644) Jan. 8 through Feb. 2. Call 229-4644.

• **DUTCH AND FLEMISH MASTERWORKS** from the Rose-Marie and Eijk van Otterloo Collection on now through February at the Currier Museum of Art, 150 Ash St., Manchester, currier.org.

• **ELIZABETH OBELENUS** shows "Enchanted Encampment" at The Studio, 50 Canal St., Laconia. On view through Feb. 2. Call 455-8008.

• **HOLIDAY SMALL WORKS SHOW** through Feb. 4 at Lucy's Art Emporium, 303 Central Ave., Dover, with 12 local artists displaying small-scale artwork. Visit lucysartemporium.com.

• **FERNANDO DIAZ** shows "Oblivion" at McLaughlin-Hills Gallery (110 State St., Portsmouth, 319-8306) through Jan. 27. Visit mclaughlin-hillsgallery.com.

• **JANE LABELLE** is Exeter Fine Crafts (61 Water St., Exeter, 778-8282) Artist of the Month for Janu-

ary. Her handcrafted hats will be on display until the end of the month.

• **"MADE FOR EACH OTHER"** exhibit at Studio 550 (550 Elm St., Manchester) until Jan. 31. Functional pottery in pairs and sets.

• **"THE MODERN ATELIER"** work by Todd Casey, Carla Crawford, Angela Cunningham, Gregory Mortenson and Travis Seymour on display at the Whistler House Museum of Art, 253 Worthen St., Lowell, Mass., Jan. 12 through Feb. 23. Call 978-452-7641.

• **MONDAY NIGHT QUILTERS EXHIBIT** of quilts, wall hangings, table runners created by 9 local quilters at Epsom Public Library (1606 Dover Road, Epsom) through Jan. 26, 736-9920.

• **NASHUA ARTISTS' ASSOCIATION EXHIBITS** at Nashua Library, 2 Court St., Nashua, 589-4610, through Feb. Visit nashualibrary.org.

• **NH SOCIETY OF PHOTOGRAPHIC ARTISTS EXHIBIT & SALE** at the Town Hall Gallery (10 Front St., Exeter) Jan. 5 through Feb. 2, Sat. and Sun., noon to 4 p.m. Email c.christyu@comcast.net.

• **"POINTS OF VIEW"** exhibit at Art 3 Gallery (44 W. Brook St., Manchester, 668-6650), through

REMINISCE WITH CHORALE



The Suncook Valley Chorale holds its winter concert, "Reminiscing," on Saturday, Jan. 19, at 7 p.m., and Sunday, Jan. 20, at 3 p.m., at the First Congregational Church, 117 N. Main St., Concord. The program is made up of chorale favorites, including folk tunes, Broadway numbers and a venture into opera with anvil percussion. Tickets are \$15 for general admission, \$12 for students and seniors, available at the door or from Chorale members. Visit SVCNH.org.

Jan. 25.

• **SHARON ARTS CENTER MEMBERS EXHIBITION** Jan. 11 through Feb. 23, at 30 Grove St., Peterborough. Visit sharonarts.org

or call 924-7676. Free admission.

• **STACEY LUCAS** or "Veggie Art Girl" shows "Trash to Treasure" at The Studio, 50 Canal St., Laconia, through the holiday season. Call

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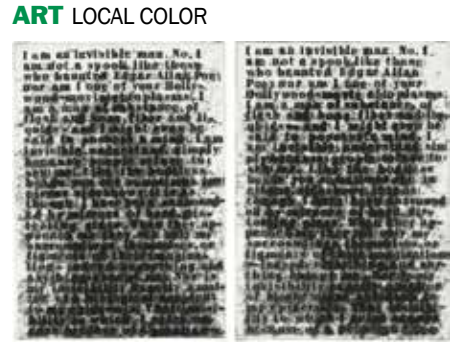
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Invisible Man (Two Views), Glenn Ligon, 1991.

Seney will also talk about art by African-American artist Allison Sarr.

"I think the museum is definitely making great effort to diversify our collection ... You don't need any sort of background in art or art history in order to appreciate this and learn a little. It's designed for people of all levels, and I hope that they'll come and join the conversation," she said. This event is free with museum admission.

• **Mini minumentals:** Bring your glasses or your magnifying glass; the work at the 11th Annual Minumental show at the New Hampshire Institute of Art is no bigger than 2 inches by 2 inches. But the art is "huge," said Andrew Lucas, NHIA gallery director. The show, which is open for view Jan. 25 through Feb. 14, features work by students, faculty and alumni, and art of every kind: photographs, prints, paintings, drawings, sculptures, jewelry.

"It's a really fun way to bring the whole NHIA community together and participate in this group show. It's more fun to buy art from artists you know," Lucas said. (It's also more fun buying art that's inexpensive: everything will be for sale, for \$44.95 or less.)

The small space that each piece takes up also means that they'll be able to fit more art in.

"Previously we've had up to 250 pieces on display. This year, I'm hoping for 500, to fill both the galleries," at 77 Amherst St., and at 148 Concord St., Lucas said. The fun part is when the sales open, which occurs on Wednesday, Jan. 30, noon to 1 p.m. "People line up at the door an hour ahead of time," he said. — *Kelly Sennott*

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• **TERRI ELLEN** shows "The Magic of Reflected Light" at Seacoast Artist Association gallery, 225 Water St., Exeter, during January.

• **THOMAS M. FLEMING** art-work shows at the Whistler House Museum of Art, 253 Worthen St., Lowell, Mass., Jan. 12 through Feb. 23. Visit whistlerhouse.org, call 978-452-7641.

• **TOYS EXHIBIT** at Gallery 6 at the Children's Museum of New Hampshire (6 Washington St., Dover, 742-2002, childrens-museum.org) through March 1, featuring lively and colorful oil paintings by artist Anne Scheer. No admission fee required to view gallery only.

• **ART IN THE MILL** rotating exhibit of artwork in the UNH Manchester library (400 Commercial St., Manchester, 641-4101, manchester.unh.edu/campuslife/public-programs/art-mill) presents photographs from Greece and Turkey by NH Institute of Art graduate Elizabeth Ellenwood. Free.

FLORAL FINE ART




Nature's art arrangements are inspired by fine art in McGowan Fine Art's 11th Annual "Art in Bloom" show, organized by the Concord Garden Club. Here you'll find floral arrangements inspired by artwork, put together by local florists: Cole Gardens, McLeod's and Cobblestone Design. The beauty will only last one weekend, Jan. 24 through Jan. 26, with a reception on Thursday, Jan. 24, 5:30 to 7:30 p.m. at the gallery, 10 Hills Ave., Concord. Visit mcgowanfineart.com or email jessica@mcgowanfineart.com. Courtesy photo.

MOVING MONOLOGUES



Trena Fields brings a moving series of monologues and spirituals detailing the life and legacies of five African American from the Civil Rights movement to the Dana Center for the Arts on Thursday, Jan. 24, at 7:30 p.m. in her series of monologues, *Daring to Think, Move and Speak*. She'll bring to life Ida B. Wells-Barnett, Fannie Lou Hamer, Francis Ellen Watkins Harper, Rosa Parks and Diane Nash, five women who dared to defy social and economic injustices of their time. Tickets are \$21.50, \$12.50 for students and children. Call 641-7700 or email dana@anselm.edu. Courtesy photo.

- **NEW RETROSPECTIVE WORKS** by Roger Croteau at Hatfield Gallery, 55 S. Commercial St., Manchester, 627-7560. Open Tues., Thurs. and Fri., 9:30 a.m.
- **THE WINTER GALLERY** exhibit at The Gallery (225 Water St., Exeter, 778-8856, gallery@seacoastartist.org) features work by the Seacoast Artist Association displaying wintery works of art. On display through the first week of January.
- **WINCHESTER ART** by Harriet Winchester, Liz Winchester-Larson and Stephen Winchester showcase their work at the Amherst Town Library (14 Main St., Amherst) through mid-January.

THEATER LISTINGS

- **HOW I LEARNED TO DRIVE** at the Players' Ring, 105 Marcy St., Portsmouth, 436-8123, through Jan. 20. Showtimes are Fridays and Saturdays at 8 p.m., Sundays at 7 p.m., and Sun., Jan.

20, at 2 p.m. Tickets \$15. For mature audiences only.

- **SHAKESPEARE'S WILL** shows at Merrimack Repertory Theatre (132 Warren St., Lowell) Jan. 10 through Feb. 3. Tickets start at \$20. Visit MRT.org or call 978-654-4678.

- **THE GREAT AMERICAN TRAILER PARK MUSICAL** at the Palace Theatre (80 Hanover St., Manchester, 668-5588) on Thurs., Jan. 17, at 7:30 p.m.; Fri., Jan. 18, at 7:30 p.m.; Sat., Jan. 19, at 7:30 p.m.; Thurs., Jan. 24, at 7:30 p.m.; Fri., Jan. 25, at 7:30 p.m.; Sat., Jan. 26, at 2 p.m.; and Sat., Jan. 26, at 7:30 p.m. Tickets \$15-\$45. Visit palacetheatre.org.
- **RHYTHM OF THE NIGHT** on Sat., Jan. 19, at 7 p.m., at Concord Audi, 2 Prince St., Concord. Showcase of capital area's top dancers. Tickets \$6. Call 225-7474.

- **I HAVE BEEN BUSY ALL DAY** at Belknap Mill (Beacon

St., Laconia) on Fri., Jan. 18, and Sat., Jan. 19, at 7 p.m. Tickets \$8. Call 524-8813.

- **RENT: SCHOOL EDITION** at Seacoast Repertory Theatre (125 Bow St., Portsmouth, 433-4472, seacoastrep.org) on Fri., Jan. 18, at 8 p.m.; Sat., Jan. 19, at 8 p.m.; Sun., Jan. 20, at 2 p.m.; Fri., Jan. 25, at 8 p.m.; Sat., Jan. 26, at 8 p.m.; Sun., Jan. 27, at 2 p.m. Tickets \$25.

- **ALL SHOOK UP** at Rochester Opera House (31 Wakefield St., Rochester, 335-1992, rochester-operahouse.com) on Thurs., Jan. 17, at 7:30 p.m.; Fri., Jan. 18, at 8 p.m.; Sat., Jan. 19, at 2 p.m. and 8 p.m.; Sun., Jan. 20, at 2 p.m.; Thurs., Jan. 24, at 8 p.m.; Fri., Jan. 25, at 8 p.m.; Sat., Jan. 26, at 2 p.m. and 8 p.m.; and Sun., Jan. 27, at 2 p.m. Tickets \$25 for cocktail seating, \$15 for balcony, \$8 for opening night.

- **BLITHE SPIRIT** by New Hampshire Theatre Project at West End Studio Theatre (959 Islington St., Portsmouth) on Fri., Jan. 18, at 8 p.m.; Sat., Jan. 19, at 8 p.m.; Sun., Jan. 20, at 2 p.m.; Fri., Jan. 25, at 8 p.m.; Sat., Jan. 26, at 8 p.m.; and Sun., Jan. 27, at 2 p.m. Tickets \$24. Email reservations@nhtheatreproject.org or call 431-6644, ext. 5.

- **DARING TO THINK, MOVE AND SPEAK** at Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700, on Thurs., Jan. 24, at 7:30 p.m. Moving series of monologues and spirituals detailing life and legacies of Ida B. Wells-Barnett, Fannie Lou Hamer, Francis Ellen Watkins Harper, Rosa Parks and Diane Nash. Tickets \$21.50 (\$12.50 for children).

- **BUBBLEMANIA: COMEDY WITH A DRIP** at the Capitol Center for the Arts (44 S. Main St., Concord, 225-1111) on Sun., Jan. 27, at 1 & 4 p.m. Visual art, wit, swing music and soap bubble manipulations. For all ages. Tickets \$20. Visit ccanh.com.

- **SHAKESBEERIENCE: TWO GENTLEMEN OF VERONA** presented by Seven Stages Shakespeare Company on Mon., Jan. 28, 6:30-8:30 p.m., at The



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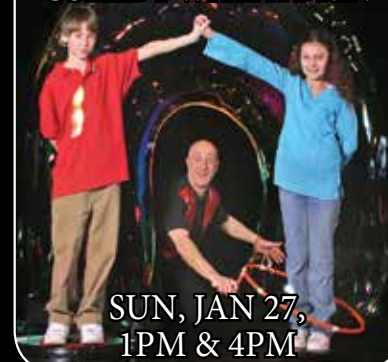


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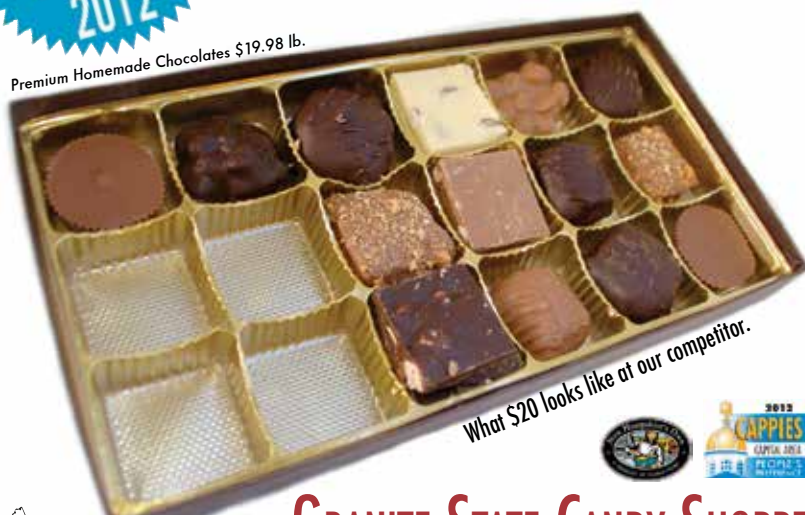
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THEATER CURTAIN CALLS

• **Baroque is back:** (Back again.) The Granite State Symphony Orchestra, Concord's fully professional symphony, continues its 19th season with "Baroque is Back" on Saturday, Jan. 26, at 8 p.m., at the Concord City Auditorium (2 Prince St., Concord). Musical highlights include J.S. Bach's "Concerto for Two Violins," nicknamed the "Bach Double," which will be performed by young violinists Stacey Lin and Yasmin Myers. Granite State Symphony Concertmaster Elliott Markow will perform "Vivaldi's L'Estate (Summer)" from "The Four Seasons." Tickets range in price, \$10 to \$35, and are available in advance by calling 226-4776 and by visiting the GSSO website, gssso.org. Tickets are also available the night of the concert at the Concord City Auditorium. Pictured, Elliot Markow.

• **Dino Anagnost Youth Symphony Orchestra:** That'll be the new name of the 27-year-old NH Youth Symphony Orchestra as of this weekend. It's re-named in honor of the late Dino Anagnost, maestro and music education advocate. On Sunday, Jan. 20, at 3 p.m., Manchester Community Music School (2291 Elm St., Manchester) will celebrate with a concert of his favorite works, as part of the Music School's annual Winter New Hampshire Youth Ensembles concert. This concert is open to the public and admission is free, with a suggested donation of \$5 or \$10 per person. Visit mcmusicschool.org. This new name is in thanks to local businessman Dick Anag-

nost, president of the Anagnost Companies.

• **Pit cover for the Palace:** The Palace Theatre announced that with the \$41,042 grant awarded from the Samuel P. Hunt Foundation, they'll be purchasing and installing a new orchestra pit cover. This will replace the heavy, out-of-date, wooden pit with limited functions. This replacement pit will provide the Palace stage with a safer surface and better design capabilities, according to the press release.

• **What's on stage:** Looking for something to see this weekend? The post-holiday theater is just beginning to rev up. This weekend, you can check out the Palace Theatre's *The Great American Trailer Park Musical* (80 Hanover St., Manchester, 668-5588, tickets \$15-\$45), which shows on Thursday, Jan. 17; Friday, Jan. 18; and Saturday, Jan. 19, at 7:30 p.m. Or you could see some dancing with *Rhythm of the Night* on Saturday, Jan. 19, at 7 p.m., in the Concord Auditorium, 2 Prince St., Concord (tickets \$6).

• **Big Band at Milly's:** Now you can get some good eats and good tunes every Thursday at Milly's; the Lakes Region Big Band has begun taking up residency on Thursday nights at Milly's Tavern in Manchester, from 7:30 to 10 p.m. They'll play sophisticated arrangements of high-energy contemporary jazz, fusion and rock, along with a selection of classic Big Band jazz, and the floor will be cleared for freestyle dancing, swing and ballroom. Best part? No cover. — *Kelly Sennott*

Press Room, Daniel St., Portsmouth. Free. Visit 7stageshakes.wordpress.com.

• **DISNEY ON ICE** at Verizon Wireless Arena (555 Elm St., Manchester) on Wed., Jan. 30, at 7 p.m.; Thurs., Jan. 31, at 7 p.m.; Fri., Feb. 1, at 7 p.m.; Sat., Feb. 2, at 10:30 a.m., 2:30 and 6:30 p.m.; Sun., Feb. 3, at 10:30 a.m. and 2:30 p.m. Tickets \$26-\$75. Call 800-745-3000.

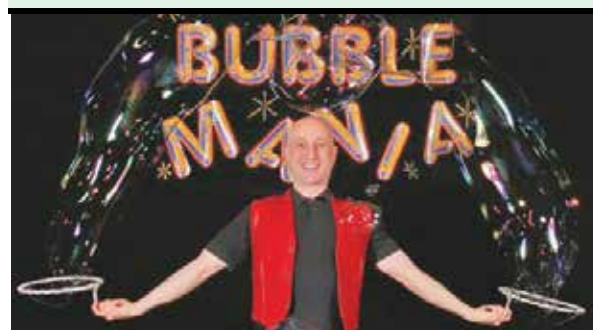
• **WORLD OF WONDER: CONJURING CHARACTERS & COMEDY** at West End Studio Theatre, 959 Islington St., Portsmouth, on Sat., Feb. 2, at 2 p.m. Email info@pontine.org, call 436-6660. Tickets \$15.

• **VAGINA MONOLOGUES** at Seacoast Repertory Theatre (125 Bow St., Portsmouth, 433-4472, seacoastrep.org) on Fri., Feb. 1, at 8 p.m.; Sat., Feb. 2, at 8 p.m.; and Sun., Feb. 3, at 7 p.m. Tickets \$25.

• **BARBIERE DI SIVIGLIA** presented by Opera NH at the Palace Theatre (80 Hanover St., Manchester, 668-5588), on Sun., Feb. 3, at 2 p.m. Tickets \$20-\$75.

• **STATE BALLET THEATRE OF RUSSIA'S CINDERELLA** on Wed., Feb. 6, at 7:30 p.m., and Thurs., Feb. 7, at 7:30 p.m., at Capitol Center for the Arts (44

FUNNY BUBBLES



The Capitol Center for the Arts (44 S. Main St., Concord, ccanh.com, 225-1111) hosts international soap bubble artist Casey Carlie, on Sunday, Jan. 27, at 1 p.m. and 4 p.m. His show "Bubblemania: Comedy With a Drip" is an event loaded with visual art, swing music and soap bubble manipulations: fog-filled bubble sculptures, bubble dance concerts and giant bubble people-trapping. Tickets are \$20. Courtesy photo.

S. Main St., Concord, 225-1111). Tickets \$28-\$58.

• **ONE-ACT PLAY FESTIVAL** by Saint Anselm College Abbey Players on Thurs., Feb. 7, at 7:30 p.m.; Fri., Feb. 8, at 7:30 p.m.; Sat., Feb. 9, at 7:30 p.m., at the Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700. One-act experimental plays

directed by students. Tickets \$8.

• **AUTUMN PORTRAITS** at Pontine West End Studio (959 Islington St., Portsmouth, pontine.org, 436-6660) on Fri., Feb. 8, at 8 p.m.; Sat., Feb. 9, at 4 and 8 p.m.; and Sun., Feb. 10, at 2 p.m. Tickets are \$24.

• **A CHORUS LINE** on Fri., Feb. 8, at 8 p.m., at the Capitol Center

INFLUENCED BY THE BEST



Aren't we all a little under the influence when it comes to Symphony NH? Their next concert, on Saturday, Jan. 19, at 8 p.m., in the Keefe Auditorium (117 Elm St., Nashua, symphonynh.org) is called "Under the Influence," and comprises Mozart's "Symphony No. 40;" Igor Stravinsky's "Symphony in C;" and Johannes Brahms's "Variations on a Theme by Josef Haydn." Tickets range from \$12 to \$48, available online, at the door, or by reservation at the box office (call 595-9156).

for the Arts (44 S. Main St., Concord, 225-1111). Tickets \$35-\$100. Visit ceanh.com or call for tickets.

• **WHY DO FOOLS FALL IN LOVE?** dinner theater by Majestic Theatre at The Chateau, Manchester, on Fri., Feb. 8, at 7 p.m. (\$35); Sat., Feb. 9, at 7 p.m. (\$35); and Sun., Feb. 10, at 1:30 p.m. (\$32). Visit majestictheatre.net. Advance reservation required.

• **THE ODD COUPLE** at Players' Ring, 105 Marcy St., Portsmouth, weekends, Jan. 25 through Feb. 10, Fridays and Saturdays at 8 p.m., Sun., Jan. 27, at 7 p.m. Matinee performance Sun., Feb. 3, at 2 p.m., and Sun., Feb. 10, at 2 p.m. Tickets \$12-\$15. Call 436-8123, visit playersring.org.

• **DIVAS THROUGH THE DECADES** at the Palace Theatre (80 Hanover St., Manchester, 668-5588, palacetheatre.org). Showtimes Fri., Feb. 15, at 7:30 p.m.; Sat., Feb. 16, at 7:30 p.m.; Sun., Feb. 17, at 2 p.m.; Thurs., Feb. 21, at 7:30 p.m.; Fri., Feb. 22, at 7:30 p.m. Sat., Feb. 23, at 7:30 p.m.; Sun., Feb. 24, at 2 p.m.; Thurs., Feb. 28, at 7:30 p.m.; Fri., March

1, at 7:30 p.m.; Sat., March 2, at 2 p.m.; and Sat., March 2, at 7:30 p.m. Tickets \$15 to \$45.

• **RED** by the Merrimack Repertory Theatre, 50 E. Merrimack St., Lowell, 978-654-4MRT, Feb. 14 through March 10. Tickets start at \$20. Call 978-654-7550.

• **V-DAY ROCHESTER** on Fri., Feb. 22, at 8 p.m., and Sat., Feb. 23, at 8 p.m., at Rochester Opera House, 31 Wakefield St., Rochester. Visit rochesteroperahouse.com, call 335-1992.

• **ONE-MAN STAR WARS TRILOGY** by Charles Ross at the Capitol Center for the Arts (44 S. Main St., Concord, 225-1111), on Sun., Feb. 17, at 1 & 4 p.m. Tickets \$20.

Auditions/open calls

• **YOUTH AUDITIONS** for *Seussical The Musical Jr.* and for Youth Ensemble of Palace Professional Theatre's *Joseph and the Amazing Technicolor Dreamcoat* on Sat., Jan. 26, at 10 a.m.; Sat., Jan. 26, at 11 a.m.; Sat., Jan. 26, at noon; Sun., Jan. 27, at 6 p.m.; Sun., Jan. 27, at 7

p.m.; and Sun., Jan. 27, at 8 p.m., at Palace Theatre, 80 Hanover St., Manchester, for kids ages 8 to 18. Call 668-5588.

Workshops/other

• **NH THEATRE AWARDS** on Sat., Jan. 26, at 7 p.m., at Stockbridge Theatre, Pinkerton Academy, Derry, 437-5210, tickets. stockbridgetheatre.com, nhtheatreawards.org. Tickets \$20-\$30.

CLASSICAL LISTINGS

Concerts

• **STUDENT RECITAL** on Thurs., Jan. 18, at 7 p.m., at Concord Community Music School (23 Wall St., Concord, 228-1196, ccmusicschool.org). Free.

• **LAKES REGION BIG BAND** performs on Sat., Jan. 19, at 7:30 p.m., at Franklin Opera House (316 Central St., Franklin). Tickets \$40, which includes complimentary hors d'oeuvres and beverages. Call 934-1901.

• **UNDER THE INFLUENCE** Symphony NH concert on Sat., Jan. 19, 8 p.m., at Keefe Memorial Auditorium, 117 Elm St., Nashua. Tickets \$12-\$48. Visit symphonynh.org, call 595-9156.

• **ATWATER-DONNELLY** perform at Wadleigh Memorial Library (49 Nashua St., Milford, 673-2408) on Sat., Jan. 19, at 7 p.m. Free admission.

• **"REMINISCING"** Suncook Valley Chorale Concert on Sat., Jan. 19, at 7 p.m., and Sun., Jan. 20, at 3 p.m., at First Congregational Church, 117 N. Main St., Concord. General admission \$15, seniors/students \$12. svcnh.org.

• **PAUL CIENNIWA** performs a harpsichord recital at Amherst Town Library (14 Main St., Amherst, 673-2288) on Sun., Jan. 20, 4-5 p.m. Register by calling the library, emailing library@amherst.lib.nh.us or visiting amherst.lib.nh.us.

• **JAZZ IN JANUARY** on Fri., Jan. 25, at 7 & 9 p.m., at Concord Community Music School, (23 Wall St., Concord). Cabaret-style jazz concert and refreshments. Tickets \$15. Call 228-1196 or visit ccmusicschool.org.

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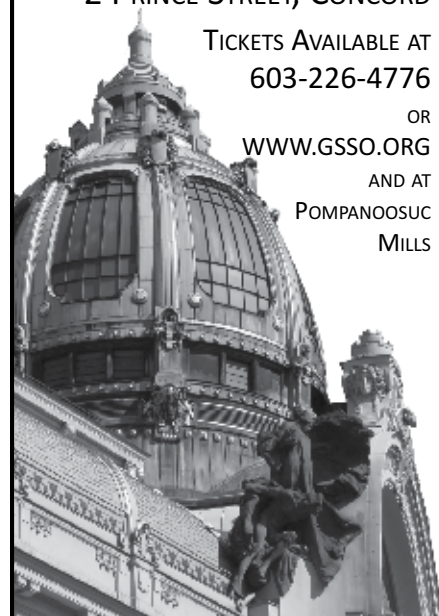
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58 One hot, one cold

The Souhegan Chili Cookoff will bring the heat; the Polar Brew Grill Fest won't so much; Weekly Dish; Red, White & Green (good bottles for less than \$20); Perishables, From the Pantry, Just Desserts and more.

Get Listed

From yoga to pilates, cooking to languages to activities for the kids, Hippo's weekly listing offers a rundown of all area events and classes. Get your program listed by sending information to listings@hippopress.com at least three weeks before the event.

INSIDE/OUTSIDE Passing down poi

Fire spinning comes to Manchester

By Cory Francer
cfrancer@hippopress.com

It starts with a beat and ends in a combination of dance, martial arts and fire. Well, the fire doesn't come in until later — not until the artist has proven ready to add that final element.

At Studio 550 in downtown Manchester, poi classes just started Friday, Jan. 11, but on that first day the "movement studio" in back of Studio 550 was filled with students learning the traditional Maori art form of fire spinning to music. Instead of spinning balls of fire at the end of chains, a safer form of poi with sand-filled socks allowed the more experienced fire spinners to safely teach those new to poi.

Monica Leap, founder of Studio 550, said nothing will actually be lit on fire in the newly opened space, but the Friday night classes will serve as a way to advance fire spinning in Manchester. She said there is a strong community surrounding poi, and the classes will be taught in a communal environment.

"It's a community-building thing," Leap said. "That's always

Poi class

Where: Studio 550 Art Center, 550 Elm St., Manchester

When: Fridays, from 7 to 9 p.m.

Cost: \$60 per month, or \$15 drop-in rate

Contact: 232-5597 or 550arts.com

been at the heart of it — getting people together to create something really cool."

The community-taught class is not one with an instructor at the front. Instead, participants can practice freely and share their techniques with one another. That's how poi has traditionally been taught, Leap said, as kind of a word-of-mouth art form.

"People have been trying to do meet-ups in the park," Leap said. "But this will give the poi community a home. It's been kind of a vagabond thing."

Janine Parziale first learned poi in college. She said she was part of a group that practiced circus arts, including fire spinning. As a friend of Leap's and an experienced fire spinner, Parziale said she is excit-



The inaugural poi class at Studio 550 in Manchester. Cory Francer photo.

ed at the prospect of having a place locally to practice the technique. Though the fire element doesn't come into play at Studio 550, once it is added in, it's exhilarating.

"It's an attractive thing because it's something you can do safely but still feel a little dangerous doing," Parziale said.

Much of what makes poi enjoyable, Parziale said, is the natural contrasts present in the activity. She said that when a familiarity is developed with the two flaming elements, the fire spinner can feel a sense of complete control, but with

fire introduced there is a level of unpredictability.

To provide the same feel to poi without adding in fire, LED lights can be used. That way, poi can be practiced in a much safer environment and still provide a similar aesthetic appeal.

Leap said anyone can learn the basic movements. The ability to be taught in a community setting is helpful for those just getting started.

"It's more exciting when people are doing it together," Leap said. "It adds to the energy." 🍌

CHILDREN & TEENS

Events

• **EXPLORING ART: SILLY SENTENCE ART** at Kelley Library (234 Main St., Salem) Thurs., Jan. 17, at 3:30 p.m. For grades 2-5, take a silly sentence and use it to create your own work of art. Registration is required. Call 898-7064.

• **FANCY NANCY SOIREE** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton) Fri., Jan. 18, at 11 a.m. Dress in fancy clothes for a Fancy Nancy

party featuring stories, activities and snacks. Registration is required. Call 654-2581.

• **SUPER SATURDAY** at Meredith Public Library (91 Main St., Meredith) Sat., Jan. 19, 10 a.m.-noon. Stop by for a craft and a snack. Call 279-4303 or visit meredithlibrary.org.

• **TITANIC TOYS** at the Children's Museum of New Hampshire (6 Washington St., Dover) Sat., Jan. 19, 10:30 a.m.-noon. Children's Museum artist-in-residence Nathan Walker will be

teaching kids and accompanying adults how to build giant replicas of their favorite toys from repurposed objects. For ages 5 to 12, bring a toy to replicate and then bring home a larger version of it. Admission is \$25 and registration is required. Call 742-2002 or visit childrens-museum.org.

• **EASY NO-BAKE COOKING** at Nashua Public Library (2 Court St., Nashua) on Tues., Jan. 22 and Jan. 29, at 4 p.m. For ages 6-10. Each week, create a new healthy food item. Registration is

required. Call 589-4600 or visit nashualibrary.org.

• **BEGINNER KNITTING** at Nashua Public Library (2 Court St., Nashua) on Tues., Feb. 5, Feb. 12 and Feb. 19, at 4 p.m. For ages 8 to 12, learn the fundamentals of knitting. Registration is required. Call 589-4600 or visit tinyurl.com/nplkid.

Teen/tween events

• **TEEN VIDEO CHALLENGE** at Goffstown Public Library (2 High St., Goffstown). Join this

national competition by filming a 30- to 90-second video that promotes the summer reading program and the theme of "Beneath the Surface." A winner is chosen from each state and can win \$275 and \$125 for the library. Call 497-2102.

• **TEEN COOKING CLUB** at Derry Public Library (64 E. Broadway, Derry) on Thurs., Jan. 17, Jan. 31, Feb. 14 and Feb. 28, 3-4:30 p.m. Learn to cook a variety of different foods. Call 432-6140.

54 ▶

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Lego mania

Drop in after school to the Rodgers Memorial Library (194 Derry Road, Hudson) on Friday, Jan. 18, from 3 to 5 p.m., for a **winter Lego build**. Legos will be available to make winter-themed creations. Call 886-6030.

Embrace your constructive side with the **Lego club** at the Wilton Public & Gregg Free Library (7 Forest Road, Wilton) on Friday, Jan. 18, at 3:30 p.m. For ages 6 and up, just show up to the library and build whatever you like. No registration is required. Call 654-2581 or visit wiltonlibrarynh.org.

Sports stuff

Public skating is in full swing at the JFK Coliseum (303 Beech St., Manchester), and there are plenty of times to hit the ice this weekend. On Saturday, Jan. 19, from 2 to 4 p.m. and 8 to 10 p.m., and Sunday, Jan. 20, from 2 to 4 p.m., the rink will be open. Admission is \$3 for children under 12 and senior citizens and \$5 for adults. Call 624-6444.

Mom and dad used to watch these guys on the gridiron, and now you can check them out on the hardwood. Head to Londonderry High School (295 Mammoth Road, Londonderry) on Saturday, Jan. 19, at 2 p.m. for a **Patriots charity basketball game**. Former Pats players including Ronnie Lippett and Patrick Pass are expected to play and will be available afterward for photos and autographs. There is a suggested donation of \$10 to benefit programs supported by the Londonderry High School Boosters.

On stage

The classic story of **101 Dalmatians** will be on stage at the Amato Center Theater (56 Mont Vernon St., Milford) on Friday, Jan. 18, at 7:30 p.m., Saturday, Jan. 19, at 2 p.m. and 7:30 p.m., and Sunday, Jan. 20, at 2 p.m. The shows are being performed by the Riverbend Youth Company. Tickets are \$12 for adults and \$8 for students and

seniors. They will be available at the door. Call 672-1002, ext. 20.

Library activities

Enjoy the day off from school with some **Hands on Art** at the Hooksett Library (31 Mount Saint Mary's Way, Hooksett) on Monday, Jan. 21, from 10:30 to 11 a.m. Start by hearing a story, then make your work of art. Wear clothes that you won't mind getting messy in. Call 485-6092.

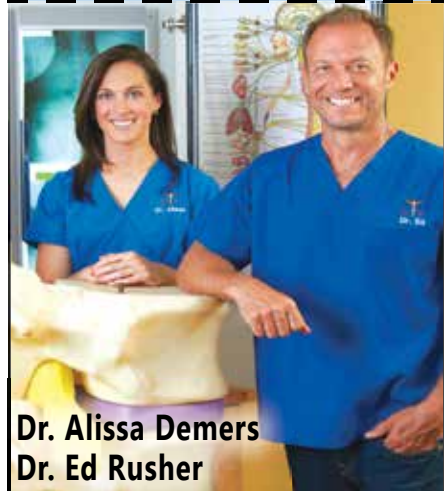
Visit the Derry Public Library (64 E. Broadway, Derry) on Saturday, Jan. 19, from 11 a.m. to noon for "**A Long Winter's Nap**." Learn about bears and other animals that hibernate during the winter. Recommended for ages 4 to 9. Registration is not required. Enjoy stories, crafts and songs. Call 432-6140 or visit derry-pl.org.

Searches, inside and out

Learn the history of the Queen City at the Millyard Museum (200 Bedford St., Manchester). During regular museum hours, which this weekend includes Friday, Jan. 18, and Saturday, Jan. 19, from 10 a.m. to 4 p.m., try out a "**Hands on History**" family activity. Go on a **gallery hunt** to learn about Manchester and play some old-fashioned games. Admission is \$8 for adults, \$6 for seniors ages 62 and older, \$4 for children ages 12 to 18 and free for children younger than 12. Call 622-7531 or visit manchesterhistoric.org/millyard-museum.

Go on a **search for bald eagles**. Visit Amoskeag Fishways (4 Fletcher St., Manchester) on Saturday, Jan. 19, from 9 a.m. to noon for "**Winter Eagles Along the Merrimack**." Head to the Fishways and then search along the river for the eagles who migrate south from Canada during this time of year. Admission is \$2 per person or \$5 per family. Call 626-3474 or visit amoskeagfishways.org.

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INSIDE/OUTSIDE TREASURE HUNT

Dear Donna,

I recently acquired this small radio and was wondering if you could tell me anything about it. I am not sure if it works, but there is a battery in the box. I'm not sure if it's safe to put it in at this time.

Any help would be appreciated.

Frank

Derry



Dear Frank,

What you have here is a Standard transistor radio (Micronic Ruby). It was made in the middle 1960s.

Standard Radio started in the 1950s out of Japan and made several radio styles. They also made a few different Micronic styles, but after doing some research I found this one to be one of the most desirable.

As with everything else that is collectible, condition is everything, and being all complete with the original case and contents is helpful. It's tough to know if it's working unless you try the battery. I would be careful putting in the batteries. If there is any sign of corrosion, I wouldn't even try it.

The value of it working would be somewhere in the range of \$50 to \$100 to a collector. If it isn't working it would be less but could be still of interest to a new collector or someone who would do the work on it.

Just imagine the technology in the '60s to have such a radio in miniature.

P.S.: I would recommend not playing around with the batteries too much in any antique item, and any wiring should be looked at by a professional before use, like old lamps, toasters and radios. Remember, it's always better to be safe than sorry.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown (www.fromoutofthewoodsantiques.com). She is an antiques appraiser, an instructor and a licensed auctioneer. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or email her at footwdw@aol.com. Or drop by the shop (call first, 624-8668).

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52 ▶ • **E-READER SAND-BOX** at Nashua Public Library (2 Court St., Nashua) Tues., Jan. 22, at 3:30 p.m., or Mon., Feb. 11, at 6:30 p.m. Bring a device to the library and learn how to download e-books and online audio books. Call 589-4600 or visit tinyurl.com/nplteen.

• **OPEN MIKE NIGHT** at Nashua Public Library (2 Court St., Nashua) Fri., Jan. 25, at 7 p.m. Bring any style of act to perform at the library. Call 589-4600 or register at tinyurl.com/nplteen.

MISCELLANEOUS

Bake/yard sales/fundraisers/auctions

• **PATRIOTS CHARITY BASKETBALL GAME** at Londonderry High School (295 Mammoth Road, Londonderry) Sat., Jan. 19, at 2 p.m. Former New England Patriots players, including Patrick Pass and Ronnie Lippett, will play in the game and will be available afterward for photos and autographs. The suggested donation of \$10 will benefit programs supported by the Londonderry High School Boosters.

• **JANUARY JAUNT FOR JAYME'S FUND** at 22 Farley Road, Hollis on Sun., Jan. 27, 9 a.m.-1 p.m. Raise a minimum of \$100 to support Jayme's Fund, a local organization promoting

human rights for children, then go on a snowshoe hike along trails. Visit jaymesfund.org.

• **POTTER'S BOWL** at Promises to Keep (199 Rockingham Road, Derry) Fri., Feb. 1, 5-8 p.m. Select a handmade bowl from a New Hampshire artist and sample local soup, bread and desserts. There will also be a 50/50 raffle and a silent auction for items including locally produced art. Tickets are \$35 and benefits Community Caregivers. Call 432-0877 or visit comcaregivers.org.

• **SNOWSHOE FRISBEE GOLF** at the Massabesic Audubon Center (28 Audubon Way, Auburn) Sat., Jan. 26, and Sat., Feb. 9, with tee times at 10 a.m., noon and 2 p.m. On Jan. 26, visit the center for a practice session and then return on Feb. 9 for a fundraising tournament. Practice session is \$5 per person; tournament is \$15 per person. Call 668-2045 or visit nhaudubon.org.

• **BEER AND BIKES** at Milly's Tavern (500 Commercial St., Manchester) Wed., Jan. 30, 5:30-7:30 p.m. The event will feature an information session for Cycle the Seacoast, a fundraising bike ride for the American Lung Association on Sun., May 5. Admission is free, but registration is requested. Call 410-5107, email

cycltheseacoast@lungne.org or visit biketreknewengland.org.

Expos/festivals/fairs

• **WINTERFEST** at the Squam Lakes Association (534 Route 3, Holderness) Sat., Jan. 19, noon-3 p.m. Free activities will include sledding, ice skating, cross country skiing and winter mini-golf. Sled dog teams from Valley Sled Dogz will be offering two and four mile rides for an additional fee. Registration is required for sled dog rides. Call 968-7336 or email info@squamlakes.org.

• **NH FARM AND FOREST EXPO** at the Radisson Hotel (700 Elm St., Manchester) Fri., Feb. 8, 9 a.m.-5 p.m., and Sat., Feb. 9, 9 a.m.-4 p.m. Educational sessions, kids' games and more will help celebrate all things farming in New Hampshire. Admission is \$7 and children 15 and younger are free. nhfarmandforestexpo.org.

OVER 50

Events

• **RIVIER INSTITUTE FOR SENIOR EDUCATION SPRING COURSE PREVIEW** in the Demoulas Room of the Benoit Education Center at Rivier University (420 S. Main St., Nashua) Fri., Jan. 18, 9:30 a.m.-noon. Call 897-8623 or visit rivier.edu/rise.

Seed selections

Smaller can be better when it comes to buying seeds

By Henry Homeyer
listings@hippopress.com

Although seed catalogs started arriving in my post office box even before the holidays, now is the time when I expect a deluge of colorful catalogs promising me hundreds of kinds of seeds for new/old/flavorful/special plants. I enjoy growing vegetables and flowers from seeds, so I am the kind of sucker those companies love. It's too early to plant things, but now is the time to drool over those catalogs and order some seeds.

Most big seed companies do not grow their own seeds on a farm in their home state. They contract with farmers in places that excel at growing a particular crop — beans, for example, or carrots. They provide seeds, the farmer grows them, and then the farmer sells the product to the company.

I like small seed companies, particularly those that specialize in heirloom, open-pollinated plants. Open pollinated plants are those that breed true, year after year — if you follow some basic rules about planting distances and saving seeds. I bought seeds from Hudson Valley Seed Library in New York State last year (www.seedlibrary.org) and was pleased with the performance of their seeds, and with the fact that they encourage you to save seeds and even to buy seeds you grew for a credit.

I like seed cooperatives that are not out to make their stockholders a lot of money. Fedco Seeds in Maine is one of those, and I have been buying their seeds for decades (www.fedcoseeds.com). I like that they sell seeds in small quantities. Most of us don't need 100 tomato seeds of any one variety.

Seed companies that grow their seeds in New England are the ideal, but few exist. High Mowing Seeds (www.highmowingseeds.com) is a wonderful Vermont company, but Vermont weather is iffy for a seed grower. So they grow some seeds in Vermont but also contract farmers to grow their seeds in places like Idaho, which have more reliable growing conditions.

One of the problems we have here in New England, many years, is our short growing season and cool weather. So I recently did a little research online to look for Canadian seed producers. Many are not willing to ship to the U.S. because of the paperwork, but some are. I recently talked to Greta Kryger at Greta's Organic Gardens (www.seeds-organic.com or 613-521-8648) in Gloucester, Ontario. She is a small producer with a flair for the unusual. Thumbing through her online catalog I ran across several things I have never grown before — or even heard of.



Now's the time to scope out seeds. Henry Homeyer photo.

I shall try the "lichti tomato" from Greta. According to the website, "They're about the size of a cherry, and taste like a cherry crossed with a tomato." She told me on the phone that the plants have thorns and are quite prickly. On that same page she lists Jaltomato, Greenberry and Miltomato Vallista — all either in the same genus as tomatoes, or closely related to them. All are small fruits, but offer some unusual flavors.

Vesey's Seeds (www.veseys.com), located on Prince Edward Island, has been in business since 1939 and they say their varieties are good for short, cool summer seasons. They are not focused on heirloom or organic seeds, though they sell some of each.

Some gardeners get intimidated by catalogs with hundreds of choices, so Vesey has made some nice collections of seeds to help you out. Among these are a "Vegetables for Beginners" collection, which includes things like Merlin beets that require no thinning and Sugar Sprint peas that do not require a trellis. They also have a children's collection with things like Purple Dragon, a purple-skinned carrot that my grandkids love. You can save money by buying their collections.

Vesey's website also has a page with a single top pick for each kind of vegetable. I've grown many of them, and think their choices sound good. You can get your order priced in U.S. dollars, which is handy, even though the American and Canadian dollars area nearly equal.

Starting plants from seed is not for everyone. But you can save money and try things that are not available from garden centers if you do. And if you teach your children to start carrots by seed outdoors, they will love to eat raw carrots and grow up to be gardeners. What could be better?

You may reach Henry by email at henry.homeyer@comcast.net. His gardening website is www.gardening-guy.com. 🍄

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How did crooks turn on light in locked car?



Dear Tom and Ray:
I am a prosecutor in Florida, and I've been stumped by a very interesting issue that's arisen in a case of mine. A team of burglars broke into an elderly woman's house using a distraction scheme. The accomplice rang the woman's doorbell and told her that the dome light in her 2002 Buick LeSabre was on. She went out to her car and saw that, in fact, the dome light was on. She unlocked her car door (the car does not have keyless entry, and she says she always keeps the car doors locked) and was unable to shut off the light. The accomplice offered to help and did manage to turn off the light. While this was going on, the burglar was inside ransacking the home. The victim insists that she did not leave her dome lights on accidentally. Assuming that the victim is correct that her car was locked and that she did not accidentally leave

the lights on, how did the burglar and his accomplice manage to turn on the lights? If this case goes to trial, I would really love to explain this to the jury. Any help would be appreciated. — Kat

TOM: Well, I don't know exactly what they did, but we have to assume that if they're willing to fool an old lady and ransack her home, they're probably not opposed to using a \$10 Slim Jim to jimmy open a locked car door.

RAY: It's quite easy to do, especially on older cars.

TOM: Then, once they're in, they can turn on the dome light using the headlight switch, re-lock the door and close it again. And voila, they have their pretext.

RAY: What I don't know is how they made it difficult for her to turn off the dome light. There's no very quick, easy way to do that. It's possible that the lady simply wasn't familiar with the dome-light switch and knew only that the dome light comes on when the doors are opened. Perhaps they just took advantage of her lack of knowledge.

TOM: Or perhaps they tinkered with, or removed, one of the switches in the door-jamb that tell the dome light that the door

is closed. That's the kind of thing that can be done and undone in a matter of minutes if they were willing to risk a procedure that took that long.

Dear Tom and Ray:
I've always done the "bounce test" to check my shocks. I also go by the feel of the ride. My '99 Taurus seems solid and rides great, but I've noticed that the rear end seems to be "squatting." The front has about 3 inches between the tire and fender, but the rear end is about 3/4 inch! The trunk and back seat are empty. Seems like it would bounce if the shocks were bad, but it comes up and stops immediately. Is there something else I need to check? If the shocks are fine, along with everything else, is there a way to raise the ride height in the rear? Is this unsafe? — Robert

TOM: It's moderately unsafe, and probably hugely uncomfortable.

RAY: You're confusing the job the shocks do with the jobs the springs do. Bad shocks will affect your ride and handling, but they won't change the ride height of the car.

TOM: So it sounds like you have worn-out springs in the back.

RAY: The springs are there to absorb bumps; that is, to allow the tires to bounce

up without making the entire passenger compartment bounce up with them.

TOM: The shocks are there to damp those vibrations and keep the tires from continuing to bounce up and down for five minutes after you hit a bump.

RAY: Shocks wear out over time due to how much damping they have to do, whereas springs wear out from carrying a lot of weight over time.

TOM: So perhaps you've schlepped a lot of heavy cargo in the trunk throughout the years. Or driven around with a couple of mothers-in-law in the back seat on a regular basis?

RAY: Springs can also break. So it's possible that you have a couple of broken springs in the back from one particularly overloaded journey (when you moved in 2006 and decided to carry your iron-ore boulder collection yourself to make sure it arrived safely). But since the height is the same on both sides of the same end of the car, it's more likely that they've both just worn out and need to be replaced.

Got a question about cars? Write to Click and Clack by visiting the Car Talk website at www.cartalk.com.

(c) 2013 by Tom and Ray Magliozzi and Doug Berman



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Weekly Dish

Notes from the local food scene

By Luke Steere
lsteere@hippopress.com

• **Wine Week updates:** Chef Corey Fletcher of Granite Restaurant (96 Pleasant St., Concord) is hosting Andrew Crookes of Banshee Wines for a five-course prix fixe dinner on Wednesday, Jan. 23, at 6:30 p.m. A wine and cheese reception will begin the evening, featuring a meet and greet, and the first course will be served at 7 p.m. Plates are \$65 per person; reservations required. Call 227-9000, ext. 608.

• **Further developments:** Carol Shelton will be at the Wine Studio (53 Hooksett Road, Manchester) from 5 to 7 p.m. on the same evening, Jan. 23, for a tasting, meet and greet and signing. She'll be highlighting her "Wild Thing" and "Monga" Zinfandels and Larson Vineyard Pinot Noir. Shelton is widely cited as the most awarded winemaker in the United States, garnering countless medals and being honored as Wine-maker of the Year numerous times. She launched Carol Shelton Wines in 2000.

• **Kitchen 2 Kitchen cooking class:** Be the sous chef in the healthiest kitchen around on Saturday, Jan. 19, from 10 a.m. to noon. The Capitol Center for the Arts (44 S. Main St., Concord) hosts Margaret Angarella of Guided Nutrition and Sarah Robinson of Forever Feasting for a class on skills for making nutritious appetizers, entrees and sides using fresh ingredients and whole foods. Class is \$65; reserve by calling 496-2603 or email guidednutrition@comcast.net.

• **Barbour bids goodbye:** "Thank You Granite State Cabinetry!" read Liz Barbour's Creative Feast's latest newsletter. After four years of holding regular classes there, the Hollis-based chef-instructor is moving her classes to RiverBend & Company in Westford, Mass., about 20 minutes south of Nashua. Visit thecreativefeast.com for a schedule of 2013 offerings.

• **Take, bake:** Butter's Fine Food and Wine (249 Sheep Davis Road, Concord) is stocking your fridge for you. Their new Take & Bake menu features a monthly rotating menu of home cooked meals; order before Sunday for pickup on Tuesday. Meals come with heating instructions; call the store at 225-5995 for details or "click and pick" your order on butterfinefood.com. The store is open Monday through Friday, 10 a.m. to 6 p.m.; Saturday 10 a.m. to 4 p.m. and Sunday 10 a.m. to 2 p.m.

• **Sizzle for charity:** At its charity dinner on Thursday, Jan. 17, Sizzle Bistro (1 Highlander Way, Manchester, 63 ▶

FOOD

Chili and chowda

Good food, good deed

By Luke Steere
lsteere@hippopress.com

Which warms you best, chili or chowder?

The beauty of the Souhegan Valley Chamber of Commerce second annual Chili Chowda Cookoff is that the answer can be both. On Sunday, Jan. 27, 30 chilis and chowders prepared by professional and amateur chefs will be up for acclaim from judges and the voting public, and proceeds go to benefit Opportunity Networks, a local group that helps young adults and adult residents with acquired and developmental disabilities.

May Balsama, executive director of the Souhegan Valley Chamber of Commerce, said the fundraiser is beneficial for the programs and the restaurants alike.

"During this time of year local restaurants usually have a slow period, so from a business perspective, this event really gives them a showcase for the great services, products and dishes they provide for our area," she said.

That holds true for last year's chowder champion, Chrysanthi's, who put their seafood chowder up for the competition and saw newcomers flock to try the soup.

"We are gonna be entering again for sure. A lot of locals who had never been in came to the restaurant to try it. This year, we're just going to be bringing

something new," manager Evan Gerekos said.

Gerekos is going to enter another Chrysanthi's menu staple, the corn chowder. Gerekos said it sells year round; it's both a summery soup and a winter warmer. Chili makes it on their menu only part of the time.

"We do carry a chili, but it varies depending on the weather. On a random August day with cold rain, we may throw it on for a day or two," Gerekos said.

Along with Chrysanthi's, Moulton's Market and 900 Degrees will be entering soups again this year. The defending chili champion, The Barn, an employee restaurant for Hitchiner Manufacturing Co., Inc., is entering both a chowder and a chili, according to kitchen manager Jose Menendez.

"Our restaurant is a non-profit for employees only. We don't advertise, but the public is welcome if they come in; we're not going throw you out," he said.

Menendez said he served both last year, but thinks it was the large amount of haddock, shrimp, scallops and crabmeat in the chowder that turned off the judges. This year, he says he's going in with an attitude for fun.

"I am just here to represent my company," he said.

According to Balsama, the amateur chefs who enter always have fun too, and always approach the event differently.

"They are more recreational



-Best Chowder Award Presented to Spiros Gereigos, owner of Chrysanthi's. Courtesy.

when it comes to the food. Last year, there was real spirit behind some of the entries. Seeing some of the amateurs committed to making a great chili and seafood or clam chowder made it fun. Some of them came in with all kinds of other plaques and awards they had won and costumes on," she said.

One of the amateur entries will be clients from Opportunity Networks, according to Wendy Hunt, event coordinator for the organization. She holds four cooking classes each week and the students will be collaborating on a chili recipe to enter.

"This event is a win-win. It benefits the program and allows the clients to get involved," Hunt said. "Cooking is a life skill that has a lot to do with wellness and being social. Some people are their own guardians and they

Souhegan Valley Chamber of Commerce Chili Chowda Cookoff

When: Sunday, Jan. 27, noon to 4 p.m.

Where: Amherst Business Center
105 Route 101A, Amherst

\$10 tickets; chef entry fee \$50 commercial, \$20 amateurs
To enter or buy tickets visit souhegan.net or call

can live by themselves, and others need help, but basic cooking skills are very beneficial for teaching them to shop, sharpen fine motor skills and learn about from-scratch cooking."

Soft drinks and a beer garden by Belevans Beverages will be available as well, plus desserts prepared by the Amherst Junior Women's Club. 🍷

Food Listings

Festivals/cook-offs/expos/parties/book events

• **MAC AND CHEESE BAKE OFF** The Granite State Dairy Promotion (Concord, 271-3696) Macaroni and Cheese Bake Off is scheduled for Sat., Jan. 19, 2-5 p.m. at the Courtyard Marriott (70 Constitution Ave., Concord) Vie for New Hampshire's Grand Champion of Macaroni and Cheese and other awards.

• **GET YOUR GAME ON** The Fresh Market (79 S. River Road, Bedford, 626-3420) "Big Game Taste Fest" offers samples of healthy snacking options for the Super Bowl. Sat., Jan. 19 and Sun. Jan. 20, 1-6 p.m. For more information, please visit the-

freshmarket.com/stores.

• **WHAT'S COOKIN' BOOK CLUB** A cookbook club from Goffstown Public Library (2 High St., Goffstown, 497-2102). Prepare a recipe from a selected cookbook each month for a Saturday talk, tasting and discussion. Begins Jan. 20, 11 a.m.-12:20 p.m., with *Get Cooking* by Mollie Katzen. Registration is required at goftownlibrary.com or by calling the library or emailing jessicas@goftownlibrary.com.

• **POLAR GRILL FEST** \$5 beers, \$5 meat dishes, \$5 entry. Sat., Jan. 26, noon-5 p.m. at Redhook Brewery (1 Redhook Way, Portsmouth, 430-8600). Co-sponsored by The Meat House (254 Wallace Road, Bedford,

472-5444; 16 Sheep Davis Road, Pembroke, 227-5261; themeathouse.com) Local restaurants.

• **SOUHEGAN VALLEY CHAM- WHY DO FOOLS FALL IN LOVE?** all-inclusive dinner theater featuring Roger Bean's musical at The Chateau Event Center (201 Hanover St., Manchester) Feb. 8 and Feb. 9 at 7 p.m. and Feb. 10 at 1:30 p.m. Fri. and Sat. tickets \$35; Sun. \$32. Registration required by calling 669-7469. Visit majestictheatre.net for more.

Chef events/special meals

• **SIZZLE CHARITY DINNER** Thurs., Jan. 17, 5 p.m.; Sizzle Bistro (1 Highlander Way, Manchester, 232-3344) donates 15 percent of food sales

to Animal Rescue League of New England.

• **BEDFORD HISTORICAL FUNDRAISING DINNER** Shorty's Mexican Roadhouse's (206 Rt 101, Bedford) "Fair Share" Day Thurs., Jan. 17, benefits The Bedford Historical Society's Stevens-Buswell Community Center Project. 15 percent of food sales go to project; call 488-5706.

• **ALICE IN WONDERLAND DINNER** Back-to-back culinary trips down the rabbit hole at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077) Jan. 18 and Jan. 19 at 6:30 p.m. Call for reservations.

• **WINTER WARM-UP** Presidential Oaks Retirement Community 60 ▶

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FOOD

Fired up for Polar Grill Fest

A meat-eating, beer-drinking extravaganza

By Luke Steere
lsteere@hippopress.com

For the second year, local eateries and barbecue masters are dusting the snow off their grills in the dead of winter for the Polar Grill Fest, a collaboration between The Meat House and Redhook Brewery that saw an inaugural crowd of over 1,500 last year.

This year it kicks off at noon on Saturday, Jan. 26, and in true New England style, there is no rain date. Or snow date. Or below freezing date.

"Rain or snow or shine, we're gonna be there," Cary Tober, director of sales for The Meat House, said. "Dress accordingly. If there's snow, we want people showing up in their ski gear and snow shoes. We'll be in there for the long haul and hope it's a wintry day."

The event is the extreme opposite — the polar opposite, if you will — of the summertime Operation Thank You fundraiser that Redhook and The Meat House held in 2011. The annual fundraiser for veterans was held during a heat wave, with temps of 105 and 106 degrees.

"There was no joking around, because we still wound up executing an event for 4,500 people. So we started thinking about holding an event in the middle of winter," Tober said. "It shows how hardcore New Englanders are but is also an opportunity to have some fun in the doldrums of winter."

Proceeds go to a local chapter of Share Our Strength, which is a national non-profit committed to ending childhood hunger through its No Kid Hungry Campaign.

"Doing things for the community is extremely important to us," said Ryan Colwell, general manager of Redhook Brewery. "We're always looking to get involved. An event like this that brings out the area's New England roots is a great way to do it."

They'll be stocking special ice bars with their dark, heartier beers like their seasonal Winterhook, ESB, which stands for Extra Special Bitter, a British amber; dark, flavored Pumpkin Porter and the Long Hammer IPA.

With the cold beer comes hot food. Grilled-to-order meats from barbecue pit masters will make up the bulk of the offerings, Tober said.



A scene from Polar Grill Fest 2012. Courtesy photo.

The Meat House and Redhook Brewery Polar Grill Fest

When: Saturday, Jan. 26, noon to 5 p.m.

Where: Redhook Brewery

1 Redhook Way, Portsmouth

Tickets: Entry is \$5; once inside, beers are \$5 and plates of food are \$5.

Tickets are available online at polar-grillfest.com, at Meat House locations throughout New Hampshire, and at the Redhook Brewery.

The Meat House will be providing specialty steak tips, chicken subs, chicken wings, ribs and sausages, grilling alongside participating restaurants including Mojo's BBQ Grill and Tavern, Lexie's Joint and Popovers on the Square. Serenity Cafe, Pizza on the Fly and NH Made member Mitchell's Fresh Salsa will be serving food as well.

Last year the thermometer read 55 degrees, a pleasant day for a barbecue but not for snow. Between the grills and barbecue pits and the brewery's fire pit patio, both Colwell and Tober said they are hoping for lower temps and higher snowfall totals.

"We're not afraid to dust a little snow off the grill," Tober said.

In addition to food and drink, Polar Grill Fest will be home to cooking demonstrations, two live bands and activities. A barbecue competition will have the local vendors vying for the "Best in Snow" award too.

"Last year we saw a bunch of people who love to grill and eat really good food come and get out of the house for January, and we want to get that same family-barbecue style spirit again," Tober said.

58 ▶ (200 Pleasant St., Concord, 678-1333) Thurs., Jan. 24, noon; Beef stew, salad, dessert, live entertainment, meet and greet seniors and their families. Reservations: 724-6100.

Winter farmers markets
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• **CONCORD** at Cole Gardens (430 Loudon Road) on Saturdays, 10 a.m. to 2 p.m. Visit colegardens.com or call 229-0655.
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FOOD

A hand in two bistros

Chef busy planning new menus and a special event

By Luke Steere
lsteere@hippopress.com

An executive chef at 11Eleven and owner and chef at Saffron Bistro, Joe Drift is sticking to his resolution to stay busy in 2013.

Aside from unveiling a new menu at Saffron Bistro (80 Main St., Nashua) and collaborating with chef Jeff Dudley, owner of 11Eleven Bistro (36 Lowell St., Manchester), Drift is hosting the fifth annual dinner to benefit the Humane Society for Greater Nashua on Monday, Jan. 28.

Only those dishes popular among his customers make the cut for his rotating seasonal menu, while special event dinners give him room to play. Having an exciting January, he said, is the key to success in such a slow month for restaurants, especially coming off a big holiday season.

"We were just about sold out for New Year's Eve. The [benefit] dinner is good because people always want to have a good time or good excuse to get out, plus, events like this help new customers remember us," Drift said.

Donating a dinner to benefit abandoned, unwanted or neglected animals in greater Nashua is a way of staying involved locally, Drift says, but it's also a place to experiment and showcase Saffron's French American eclectic cuisine. At \$65 per person, the dinner begins with a plated, organic salad after which three entrees will be served buffet style, with gourmet sides.

Pan roasted salmon with lemon dill sauce, one of Drift's past bestsellers, will be prepared for the night, alongside large, stuffed Portobello mushrooms with brioche and roasted vegetable stuffing with melted fontina cheese on top and a crispy Parmesan chicken dish.

"The crispy chicken breast has fire roasted tomatoes and herb ricotta spread on top; it's my take on a chicken Parmesan that's kicked up a notch, a little more upscale; it's not just smothered in sauce. I make it for myself at home all the time," he said.

Diners will be allowed to sample all the entrees they want at the buffet, and for dessert Drift is serving Saffron's strawberry shortcake. Indulging at a special dinner is one thing, but when it comes to nightly dining, he says he tries to have menu items for the health-conscious as well.

"We added a hummus appetizer, for vegetarians, and duck made with polenta cakes for more healthy options. It's the time of year where people are going on diets, so we want to keep the menu somewhat healthy. [We] add some very light flavors and a lot of gluten-free things," Drift said.



Joe Drift. Courtesy photo.

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Saffron Bistro

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11Eleven Bistro

36 Lowell St., Manchester 218-3353

The duck — pan roasted Hudson Valley duck breast (\$25), to be exact — also comes with asparagus in addition to the polenta and is finished with a cherry gastrique. For the house-made hummus (\$9), he combines two popular flavors in roasted red pepper and garlic with carrot sticks and sliced English cucumbers for dippables.

Other gluten-free, healthy options include potato crusted haddock with Dijon cream root vegetables (\$25) and a Wild Atlantic Salmon (\$24) braised in a miso broth and served atop minestrone vegetables.

"Whenever we have a dish that people are really requesting all the time, we try and put it back on the menu when we change it up," he said.

Spicy lobster pappardelle (\$28), which was served for New Year's Eve, was a huge hit, Drift said. It comes prepared just how it was on First Night, in a spicy vodka sauce with tomatoes and shaved Parmesan.

In addition to the new food, Saffron's cocktail menu and wine list has been updated to bring heavier, wintry liquors and vino in for the cold weather.

"11Eleven is absolutely great because the location is awesome; it's more casual up here than it is in Nashua. You're going to get the same quality, and a similar menu, but the difference is the atmosphere; it's a little more romantic in Nashua, and in Manchester there's more of a neighborhood bistro feel," Drift said. 🍷

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Weekly Dish

Continued from page 58

232-3344) will be donating 15 percent of all food sales to Animal Rescue League of New England. Money will go to help animals that have been abandoned, seized or found on the streets. The event will run from 5 p.m. until closing and feature entertainment and a 50/50 cash raffle.

• **Get your game on:** The Fresh Market (79 S. River Road, Bedford, 626-3420) is hosting "Big Game Taste Fest," a sampling blitz. On Saturday, Jan. 19, and Sunday, Jan. 20, sample some fresh, organic and The Fresh Market brand snacks from 1 to 6 p.m. Goodies like tortillas and salsa, organic falafel chips and deli dips, pizzas, shrimp cocktails, organic snack mixes and chicken, pork and turkey sausages will also be on sale for the big game. For product lists and more information, visit thefreshmarket.com/stores.

• **The fun in fundraising:** The Bedford Historical Society will benefit from Shorty's Mexican Roadhouse's (206 Route 101, Bedford) "Fair Share" Day on Thursday, Jan. 17. Order out or dine in at Shorty's that day and 15 percent of total food sales will go to benefit the Historical Society's Stevens-Buswell Community Center Project, which is attempting to preserve and rehabilitate the Stevens-Buswell School, a 92-year-old building in Bedford.

• **Capital Region Food Program looks to keep rolling:** The spirit of the Capital Region Food Program's Holiday Food Basket event resulted in 5,000 baskets of

food being delivered to more than 2,500 families. On Jan. 8, three tons more was distributed to 15 food pantries, church groups and other organizations, kicking off the 39th year of the non-profit's Year-Round Distribution Project. According to Holiday Food Basket Project Chair Maria Manus Painchaud, the all-volunteer program is looking to streamline its year-round food drives to better assist families in the summertime.

• **America Cares veterans dinner:** The first annual America Cares Spaghetti Dinner at St. John Neumann Church (1 Merrimack Road, Merrimack) is on Saturday, Feb. 9, at 6:30 p.m. Classic spaghetti dinner and music for \$10; all proceeds go to purchase items for Gift of Comfort Boxes to send to families of fallen soldiers. Call 886-4200 for tickets.

• **USDA agricultural survey to begin:** Between February and April, local farms will be asked to participate in the Agricultural Resource Management Survey by the USDA's National Agricultural Statistics Service. The effort is to gather production practices information from farmers across the nation to serve as a baseline for numerous federal policies and programs that affect U.S. farms and farm families. About 270 New England farmers will be asked to provide data on their operating expenditures, production costs and household characteristics. The report is to be published on Aug. 2; prior years' data is available at nass.usda.gov.

60 ▶ Visit harvesttomarket.com or call 508-282-0094.

• **DANBURY** Blazing Star Grange (15 North Road) every first Saturday, 9 a.m. to 1 p.m. through April. Visit danburygrange.org or call 768-5579.

• **DERRY** Upper Village Hall (52 E. Derry Road) on the first and third Saturdays, 10 a.m. to 1 p.m.

through March. Call 434-8974 or email farmersmkt@ci.derry.nh.us.

• **ENFIELD** Enfield Community Building (Rte. 4) every Sat. 10 a.m.-1 p.m. through April. Call 632-5026 or email recreation@enfield.nh.us.

• **HENNIKER** Parish Hall at Congregational Church of Hen-

niker (5 Maple St.) on Thursdays, 4 to 6 p.m. through May 3. Visit harvesttomarket.com or call 568-1562.

• **LACONIA** Indoors at Laconia Skate Escape Roller Rink (161 Court St.) every Thursday 3 to 6 p.m., excluding holidays and school vacation weeks. laconiaindoorwintermarket.weebly.com.



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Appetizer

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Soup

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Unibroue La Fin Du Monde

Entrée

Beer-braised chuck roast, English pea risotto, carrot and parsnip puree
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Dessert

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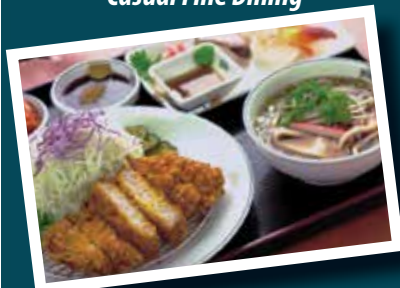


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FOOD PERISHABLES

Kaffir lime leaves

So many of my recipes begin with a dish from a favorite restaurant. I try something, I become *obsessed* with it, and I vow to learn how to make it myself. Sometimes, the recipe comes out of necessity: the dish, or the restaurant, is no longer available to me. Frequently, the recipe results from my curiosity about how something so delicious is made. The recipe I share today, Panang Curry, comes from both. While there are a number of delicious Thai food places around me, none make this curry quite like my favorite Thai restaurant in San Francisco and, upon moving to New Hampshire, I just *had* to learn how to make it myself. While it's not quite as good as the restaurant's version, it's a worthy stand-in.

This recipe takes me into my local Asian market. It's a wonderful thing to walk into a grocery store and feel a little lost. The smells and the food are unknown to me, but there is so much to learn. Whether it's discovering a brand new vegetable or finding the perfect jar of curry paste, getting out of my grocery shopping rut is just what I need to keep winter cuisine interesting. This time it was about finding an elusive ingredient: the kaffir lime leaf.

Kaffir lime leaves are a staple of Thai food, and, since I was making Panang curry, I had to track some down. These thick, green leaves are very aromatic and hail from Indonesia. Mostly used for simmering and adding flavor, the leaves themselves aren't normally eaten whole (as I use them in the recipe below). They add their "zest" to the recipe but, upon eating, the diner usually just brushes them to the side of the plate.

I've heard a lot of varying opinions about substitutions for kaffir lime leaves. Some say there are no substitutes while others say bay leaves work just fine. I'm inclined to agree with the naysayers because, while they're not available at most places, Asian



Panang curry with chicken

3-4 chicken breasts, washed and sliced
1 red bell pepper, sliced thin
1 4-ounce can panang curry paste (also available at any Asian market)
1 13.5-ounce can coconut milk
¼ cup whole basil leaves (don't pack)
¼ cup whole kaffir lime leaves (don't pack)
¼ cup to 1/2 cup of peanut butter (this varies depending on how peanutty you like it)
Rice

In a large saucepan, combine about one quarter of the coconut milk and half of the curry paste, stirring over low heat. The heat will release the flavors of the curry. Once the mixture is heated, add chicken and remaining coconut milk and raise heat to medium/high. Continuously stir and cook for about 10 minutes. After chicken has cooked, add the bell pepper slices and the peanut butter, mixing well. With just a couple minutes left, add the basil and lime leaves. Serve over your rice and enjoy!

markets have these leaves readily available. They even freeze well and for an extended period of time, making them easy to stock up on and save for later. They add that extra something to the curry recipe below.

— Allison Willson Dudas

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• **RAYMOND** Lamprey River Elementary School (33 Old Manchester Road) on the third Saturday of each month from 10 a.m. to 2 p.m., Call 679-8656 for details.

• **SALEM** Lake St. Garden Center (37 Lake St.) Sundays from 9 a.m. to 1 p.m. through May. Visit salemnhfarmersmarket.com.

• **TILTON** 10 a.m. to 2 p.m. at 15 Lowes Drive on Saturdays and Sundays January through March. Visit tiltonwinterfarmersmarket.com or call 496-1718.

• **WASHINGTON** at Meeting-house Farmers' Market (7 Half-

moon Pond Road) last Saturday of every month from Jan. to Apr., 9 a.m. to noon. Call 495-3661 or email mgagesse@washingtongh.org.

• **WEARE** at Weare Town Hall (15 Flanders Memorial Road) Saturdays, Oct. through May, 4-6:30 p.m. Call 491-4203 or see harvesttomarket.com

Church/charity suppers

• **SHARE-A-MEAL** Arlington Street United Methodist Church (63 Arlington St., Nashua) Community Share-A-Meal; Fri., Feb. 1, 6-7:30 p.m.. Contact 882-2489 for details.

• **POTTER'S BOWL** Promises to Keep (199 Rockingham Road, Derry) Fri., Feb 1, 5-8 p.m.; local soups in homemade bowls, silent

moon Pond Road) last Saturday of every month from Jan. to Apr., 9 a.m. to noon. Call 495-3661 or email mgagesse@washingtongh.org.

Food classes/workshops

• **KITCHEN 2 KITCHEN** Cooking Class by Margaret Angarella of Guided Nutrition and Sarah Robinson of Forever Feasting; The Capitol Center for the Arts (44 South Main St. Concord); Sat., Jan. 19, 10 a.m.-noon; \$65, reserve at 496-2603.

• **ALICE-THEMED COOKING CLASSES AT STAGES** Two nights of themed cooking classes to go with the dinners at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077). Alice in Wonderland on Cooking classes on Jan. 24, 6:30-8:30 p.m.

Mayonnaise

Starting at a young age, I found myself averse to condiments. Mustard smelled funny, ketchup was gag-inducing, and don't even get me started on the texture of mayonnaise. But as I got older and started experimenting more in the kitchen, I found that condiments are more than an afterthought for sandwiches and side dishes, and a small amount goes a long way to flavoring some fancy culinary feats.

Mayo, the condiment we're all familiar with, is made by blending egg yolks and oil before flavoring the combination with vinegar, mustard, herbs or spices. The website madehow.com offers a brief history of the product. According to the website, the theories of origin for mayonnaise vary, but the most popular dates back to the mid-1700s. The French Duke Richelieu captured Port Mayon on the Spanish island of Minorca. While preparing the feast to celebrate the victory, the Duke's chef was forced to substitute cream for oil in a sauce. Pleased with the result, the chef named the new result "mahonnaise" in honor of the victory.

Several food experts believe the name instead derived from the French verb "manier" meaning to mix, or an Old French word "moyeu" meaning egg yolk. Regardless of where mayonnaise originated, it quickly spread in popularity in European cuisine. Then, in the early 1900s a German immigrant, Richard Hellmann, opened a delicatessen in New York City. The salads made with Mrs. Hellmann's mayonnaise were so popular the couple eventually jarred and sold the product by the pound. In 1913 they opened their first factory in Astoria, and the company was acquired by Best Foods Inc., in 1932.

Regulated by the U.S. Food and Drug Administration's Standard of Identity, mayonnaise must contain at least 65 percent oil



More versatile than a sandwich spread, this condiment kicks recipes into overdrive. Lauren Mifsud photo

by weight, vinegar, and egg or egg yolks. Spices or other natural seasonings may be added, with two exceptions. Saffron and turmeric would give the mayo a yellow hue and the appearance of added egg yolks.

The Association for Dressing and Sauces reports that a study in the August 2000 edition of the American Journal of Clinical Nutrition claims that mayonnaise and creamy salad dressings may protect postmenopausal women against strokes. The consumption of vitamin E from natural sources like mayonnaise may be associated with a lower risk of death from stroke.

While searching for vegetarian-friendly entrees I found this recipe for Portabello mushrooms with creamy spinach-artichoke filling at finecooking.com. It takes about 30 minutes to make from start to finish. The creamy filling and earthy mushroom make for a substantial dish. I found that just one mushroom, while filling, isn't enough to satisfy the taste for the addicting combination of ingredients. Topped with a panko crumble, this crunchy, creamy and savory dish is simple and satisfying. — Lauren Mifsud 🍄

Portabello Mushrooms with Creamy Spinach-Artichoke Filling
3 tablespoons olive oil
3 medium cloves of garlic, minced
4 medium portabello mushrooms, stemmed and gills removed
Kosher salt
Freshly ground black pepper
4 ounces cream cheese, softened
3 tablespoons mayonnaise
1½ teaspoons fresh thyme
9 to 10 ounces frozen, chopped spinach, thawed and squeezed dry
9 ounces frozen artichokes, thawed, lightly squeezed dry and chopped (or substitute a 14oz. can of artichoke hearts, drained and patted dry)
1/2 cup fresh breadcrumbs or panko
1/3 cup finely grated Parmigiano-Reggiano

Position rack in the center of the oven and preheat to 450. In a small bowl combine 2 tablespoons of the olive oil and about 2/3 of the minced garlic. Brush the inside of the mushroom caps with the garlic oil and sprinkle generously with salt and pepper. Arrange the mushrooms oiled-side up on a baking sheet and roast until tender, about 10 minutes. Meanwhile, in a bowl mix the cream cheese, mayonnaise and ½ teaspoon of the thyme with a wooden spoon. Stir in the spinach and artichokes and season to taste with salt and pepper. In another bowl, combine the remaining garlic, 1 tablespoon oil, and 1 teaspoon thyme with the breadcrumbs and cheese. Spoon the artichoke mixture evenly into the mushroom caps and sprinkle with the breadcrumb mixture. Bake until the crumbs are golden-brown and the filling is hot, about 10 minutes. Serve immediately.

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FOOD JUST DESSERTS

Chocolate pretzel tart

This recipe uses a casual ingredient to make a dessert appropriate for a very special occasion: an elegant chocolate tart livened up with the salty crunch of pretzels.

Most common as a school snack or as a component of a party mix, pretzels actually have somewhat exalted origins. They were first created in the seventh century when a young monk found himself with extra unleavened dough during Lent, according to Snyder's of Hanover. The baker shaped the dough into the form of crossed arms – the typical posture of prayer at that time – and the pretzel was born.

Today, pretzels come in an array of shapes and sizes and flavors. For those of us with a powerful sweet tooth, the chocolate-covered pretzel is a particular favorite.

This tart captures that alluring flavor combination in a rich and sophisticated package. Crushed pretzels are mixed with butter and sugar to form a sweet-and-savory crust; the filling is a milk chocolate ganache that sets to a fudgy consistency



and beautiful shine.

The original recipe calls for a circular tart pan; I prefer a long rectangular pan for purely aesthetic reasons. If you go with that option, expect to have some excess dough and chocolate filling (though I am not sure leftover ganache is ever a bad thing).

The recipe is easy, but involved and somewhat time-consuming. Consider making it when you are spending a day around the house or when you have some time to prepare for a big event. Enjoy. — Sarah Shemkus

Chocolate Pretzel Tart

Recipe from the website of Food and Wine magazine.

- 1 stick unsalted butter, softened
- 1¼ cups coarsely crushed thin pretzels
- ¾ cup confectioner's sugar
- ½ cup flour
- 1 large egg
- 2 ounces bittersweet chocolate, melted
- 1½ cups heavy cream
- 11.5-ounce bag of milk chocolate chips
- Sea salt, crushed pretzels

Beat the butter with ¾ cup of the pretzels and the confectioner's sugar at low speed until creamy. Beat in the flour and egg, then the remaining ½ cup of pretzels. Flatten the dough between 2 sheets of plastic wrap and refrigerate until chilled, at least 30 minutes.

Preheat the oven to 350 degrees. Roll out the dough between the sheets of plastic wrap to fit a 10-inch circular tart pan or a

14-inch by 4-inch rectangular pan. Peel off the top sheet and invert the dough over then pan. Press the dough into the corners, and trim the overhanging dough. Refrigerate the shell for 30 minutes or until firm.

Line the shell with parchment paper and fill with pie weights or dried beans. Bake for about 30 minutes, until nearly set. Remove the parchment and weights and bake for 10 to 15 minutes longer, until the tart shell is firm. Let the shell cool completely. Brush the melted chocolate over the bottom and up the side and refrigerate for 10 minutes, until set.

In a medium saucepan, bring the cream to a simmer. Off the heat, add the milk chocolate and let stand for 5 minutes. Whisk until smooth. Transfer the filling to a bowl and let cool to room temperature, about 1 hour. Pour the filling into the shell and refrigerate overnight. Sprinkle lightly with sea salt and crushed pretzels, remove from pan, cut, and serve.



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Do it yourself

Make your own wine or beer at Kettle to Keg

By Stefanie Phillips
listings@hippopress.com

Ever wanted to try making your own wine or brewing your own beer but didn't know where to start? Turn to Kettle To Keg for supplies, advice and some moral support.

While the store has been in its location in downtown Pembroke since 2005, Jesse Mertz and his wife, Stephanie, purchased it from its former owner, his friend Jason, in 2009. Jesse credits Jason for getting him interested in brewing after Jason returned from a world brew tour.

The timing worked out right for the couple to purchase the business and turn their interest in home brewing into a full-time venture. The pair has since expanded the store's offerings and its space, including a classroom area where they will offer beer and winemaking classes. Kettle To Keg is now the largest store of its kind in the state, with beer and winemaking supplies for the beginner to the experienced brewer.

A home brewer himself, Mertz said this hobby has an 18 percent growth rate nationwide, split between 70 percent beer brewers and 30 percent winemakers. With a customer service background, Mertz enjoys helping customers and guiding them through the home brewing process.

"A lot of people make both beer and wine," Mertz said, noting the equipment is generally similar. "From a kit standpoint, wine is easier."

While the process may seem intimidating, Mertz said it can be "as easy or as complicated as you make it. We have customers who are beginners to those who are 'pro' brewers."

A newcomer visiting the store can purchase a beginner brewing kit, complete with instructions and a home brewer magazine. Wine kits are also available with step-by-step instructions. Mertz said these are easy kits with the work taken out of it, as long as the steps are followed. Kettle To Keg employees are always happy to help.

"The ingredients change, but the process is consistent," Mertz said, stating customers come back for different supplies for alternative recipes once they get going. "We have thousands of recipes. We can custom craft a recipe to meet a brewer's needs."

They currently offer more than 50 varieties of hops, 30 different dry and liquid malt extracts and 60 different base and adjunct grains. In addition to beer and wine, there are supplies to make soda and mead.

Customers' requests change with the seasons or with 'trendy' beers that may

be popular. Pumpkin beer is a popular fall beer, while white stout is currently somewhat of a 'fad' beer.

"If someone sees a recipe, then they want to try making it. Some people brew to style, and some like to brew something else," Mertz said. "For some, it's about knowing the rules and breaking the rules." While some customers like to like to make beers that are unique and different, other customers brew true to style if they are entering a beer into a competition.

The most interesting recipe a customer has made to date was a mesquite smoked codfish mead. While this recipe may not be something Mertz and his wife will be making anytime soon, they did applaud the customer's guts and first time making mead.

"He really went for it," Mertz said.

Using his home brewing background, Mertz has set up a classroom area in the back of the store where classes will be held for small groups. Attendees will be able to learn about the brewing process, along with sanitation, siphoning, bottling or corking techniques.

"We want to get people engaged in a hands-on setting where they can ask questions," Mertz said, "where we can brew a batch of beer together." The classes will be adaptable depending upon the group, he added.

In the classroom space is a custom-built Blichmann Top Tier, which has an electric and gas set-up, hot water tank, mashtun and kettle. Mertz said this equipment can be duplicated at home using a four-gallon kettle on the stove, a spoon and a thermometer. Though the brewing process should be followed step by step, Mertz said sanitation is most important.

"I can't stress that enough," he said, assuring me it can make or break a batch of beer.

For those interested in wine, there are several kits to choose from, including Riesling, pinot grigio, chianti and merlot, among others, which take four to five weeks from start to finish. Some, like the sweeter wine kits, are ready to enjoy right away, while others should be bottle-rested. The average kits cost \$75 to \$100 depending upon the varietal and make 30 bottles of wine.

For more information on the store, visit www.kettletokeg.com. Class schedules will be posted online and on the Kettle To Keg Facebook page, at www.facebook.com/kettletokeg. The store is open Monday through Friday, 11 a.m. to 7 p.m. and Saturdays 9 a.m. to 5 p.m.

Don't Miss the Wine Event of The Year! January 21-27



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Wine dinners with winemakers and industry experts, in-store wine tastings, bottle signings, seminars, guest bartenders and more

Tuesday, January 22

Free Wine Tasting & Bottle Signing • 2-4pm • Bedford
• Hosted by **Roland Marandino** from Cecchi Family Estates, and Horizon Beverage Co. at NH Liquor & Wine Outlet, Bedford Grove Plaza, 5 Colby Court.

Free Wine Tasting & Bottle Signing • 3-4:30pm • Nashua
• Hosted by **Wendy Lange** from Lange Estate Winery and Vineyards, and Horizon Beverage Co. at NH Liquor & Wine Outlet, 25 Coliseum Avenue.

Free Wine Tasting & Bottle Signing • 4-5:30pm • Bedford
• Hosted by **Bill and Betsy Nachbaur** from Acorn Winery, and RP Imports, at NH Liquor & Wine Outlet, Bedford Grove Plaza, 5 Colby Court.

Wednesday, January 23

Cellar Notes Experience • 5:30-8:30pm • Manchester
• Reception, wine tasting and bottle signing hosted by winemakers: **Gérard Bertrand** from Gérard Bertrand Winery; **Clay Brock** from Wild Horse Winery & Vineyards; **Gove Celio** from Neal Family Vineyards; and **Peter Mondavi, Jr.** from Charles Krug Winery-Peter Mondavi Family Winery; and distributors: Horizon Beverage Co., MS Walker, RP Imports and Southern Wine & Spirits of New England at Puritan Backroom Conference Center, 245 Hooksett Road. \$35 per person, (888) 368-8880 or order online at eastersealsnh.org.

Celebrity Guest Bartender • 6-8:30pm • Manchester
• Martignetti Companies of NH hosts **Yoav Gilat** of Cannonball Winery at Mint Bistro, 1105 Elm Street. (603) 625-6468.

Vineyard Tasting • 6:30-7:30pm • Amherst • Hosted by **Merry Edwards** from Merry Edwards Winery, LaBelle Winery and RP Imports at LaBelle Winery, 345 Route 101. Formal sit-down tasting of six single vineyard Russian River Valley Pinot Noirs with expert commentary from winemaker. Space is limited to 25 participants. \$75 per person, LabelleWineryNH.com/event-registration.

East & West Coasted Women in Wine Dinner • 8-10:30pm • Amherst • Hosted by **Merry Edwards** from Merry Edwards Winery, **Amy LaBelle** from LaBelle Winery, and RP Imports at LaBelle Winery, 345 Route 101. Opportunity to sample award-winning NH wines from LaBelle Winery alongside the acclaimed CA wines from Merry Edwards Winery. \$95 per person plus tax & gratuity, LabelleWineryNH.com/event-registration.

Wine Dinner • 6:00pm • Bedford • Hosted by **Joel Gott** from Joel Gott Wines, and Martignetti Companies of NH at Copper Door Restaurant, 15 Leavy Drive, Bedford. \$65 per person plus tax & gratuity, (603) 488-2677.

Free Wine Tasting & Bottle Signings • Hosted by **Pablo Cuneo** from Ruca Malen Winery, and Horizon Beverage Co. at NH Liquor & Wine Outlets:
11am-12pm (signing only) I-93 South, Hooksett
3:45-5:30pm North Side Plaza, 1100 Bicentennial Drive, Manchester.

Free Wine Tasting & Bottle Signings • Hosted by **Roland Marandino** from Cecchi Family Estates, and Horizon Beverage Co. at NH Liquor & Wine Outlets:
11:30am-12:30pm 50 Storrs Street, Concord
1:30-2:30pm (signing only) I-93 North, Hooksett.

Free Wine Tasting & Bottle Signings • Hosted by **Wendy Lange** from Lange Estate Winery and Vineyards, and Horizon Beverage Co. at NH Liquor & Wine Outlets:
1:30-2:30pm North Side Plaza, 1100 Bicentennial Drive, Manchester
3-4:30pm Bedford Grove Plaza, 5 Colby Court, Bedford.



Free event Please Drink Responsibly

Free Wine Tasting & Bottle Signing • 1-3pm • Nashua
• Hosted by **Clay Brock** from Wild Horse Winery & Vineyards, and Horizon Beverage Co. at NH Liquor & Wine Outlet, 25 Coliseum Avenue.

Free Wine Tasting & Bottle Signing • 3-5pm • Nashua
• Hosted by **Joseph Carr** from Joseph Carr Wines, and Martignetti Companies of NH at NH Liquor & Wine Outlet, 25 Coliseum Avenue.

Free Wine Tasting & Bottle Signing • 3-5pm • Manchester
• Hosted by **Joel Gott** from Joel Gott Wines, **Serge Doré** of Serge Doré Selections, and Martignetti Companies of NH at NH Liquor & Wine Outlet, North Side Plaza, 1100 Bicentennial Drive.

Free Wine Tasting & Bottle Signing • 3-5pm • Concord
• Hosted by **Michael Phillips** from Michael David Winery, and Martignetti Companies of NH at NH Liquor & Wine Outlet, 50 Storrs Street.

Free Wine Tasting & Bottle Signing • 3:30-5pm • Nashua
• Hosted by **Merry Edwards** from Merry Edwards Winery, and RP Imports at NH Liquor & Wine Outlet, 25 Coliseum Avenue.

Thursday, January 24

Winter Wine Spectacular for Easter Seals NH • 6-9pm • Manchester • Sample nearly 2,000 quality wines and find food from the area's best restaurants- at the Radisson Hotel, (888) 368-8880 or order online at eastersealsnh.org.

Free Wine Tasting & Bottle Signings • 2:30-4pm • Concord • Hosted by **Wendy Lange** from Lange Estate Winery and Vineyards, and Horizon Beverage Co. at NH Liquor & Wine Outlet, 50 Storrs Street.

Free Wine Tasting & Bottle Signings • Hosted by **Antonio Zaccheo, Jr.** from Carpineto, and Horizon Beverage Co. at NH Liquor & Wine Outlets:
10-11am (signing only) I-93 Northbound, Hooksett
11:30-12:30pm Southgate Shopping Mall, 269 Daniel Webster Highway, Nashua
1:30-3pm 25 Coliseum Avenue, Nashua.

Free Wine Tasting & Bottle Signings • Hosted **Pablo Cuneo** from Ruca Malen Winery, and Horizon Beverage Co. at NH Liquor & Wine Outlets:
10-11am 50 Storrs Street, Concord
2:45-4pm Bedford Grove Plaza, 5 Colby Court, Bedford.

Free Wine Tasting & Bottle Signing • 2-3:30pm • Nashua
• Hosted by **Roland Marandino** from Cecchi Family Estates, and Horizon Beverage Co. at NH Liquor & Wine Outlet, 269 Daniel Webster Highway.

Free Wine Tasting & Bottle Signing • 2-4pm • Manchester
• Hosted by **Rob Mondavi, Jr.** from Folio Fine Wine Partners, and Horizon Beverage Co. at NH Liquor & Wine Outlet, North Side Plaza, 1100 Bicentennial Drive.

Free Wine Tasting & Bottle Signings • Hosted by **Clay Brock**, from Wild Horse Winery & Vineyards, and Horizon Beverage Co. at NH Liquor & Wine Outlets:
12:30-1:30pm North Side Plaza, 1100 Bicentennial Drive, Manchester
1:45-2:45pm Bedford Grove Plaza, 5 Colby Court, Bedford
3-4pm (signing only) I-93 Northbound, Hooksett.

NHWineWeek.com
for more events and details

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Wednesday, January 23, 2013, 6:00 pm
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Joel Gott, founder and winemaker from Joel Gott Wines and Martignetti Companies of NH host a wine dinner at

Copper Door Restaurant, 15 Leavy Drive, Bedford.

A reception starts at 6:00 PM and the first course is served at 6:30 PM. Tickets are \$65.00 per person, plus tax and gratuity.

For more information and to order tickets call (603) 488-2677 or visit copperdoorrestaurant.com

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WINE WEEK EVENTS



DRINK

Red, white and green

This week we stayed in sunny California.

Our first wine is a 2009 **Mazzocco Sauvignon Blanc** from Hopland in Mendocino California (\$6.99). This white wine had a slight straw cast to it. On the nose we found grapefruit and honeysuckle rather than the grassiness that sauvignon blanc can be known for. We have found over the years that northern Californian sauvignon blancs tend not to have that grassy odor. We tasted the wine slightly chilled and found a big mouth feel with grapefruit and a sweeter finish. This was a delicate wine that we thought would go well with a light salad or mild cheese.

Our second wine is a 2007 **Renwood**



Zinfandel from Lodi California (\$7.99). Lodi has been producing grapes for more than a hundred years but only recently have producers begun to list it. The red wine is light ruby red. On the nose it is prunes and raisins with a bit of an earthy note. We tried it at room temperature and found the wine to be dry and smooth with some fruity characteristics. It was quick to open up and was nice in the glass. 🍷

Each week in "Red, White & Green," the wine-lovers taste red and white wines that sell for not too much of the green, less than \$20. The goal? To find a good bottle without breaking the bank. Unless otherwise noted,

the prices listed are what you'll find the bottles selling for at the New Hampshire Wine & Liquor Outlet.

Drink Listings

Beer and wine tastings

• **WINTER WINE SPECTACULAR** Sponsored by NH Liquor & Wine Outlets. Thurs., Jan. 24, 6-9 p.m. at the Radisson (700 Elm St., Manchester). Two rooms of wine and food sampling. Grand Tasting ticket \$65; Grand Tasting and Bellman's Cellar Select tickets \$125.

• **HE SAID CHOCOLATE, SHE SAID WINE** Thurs., Jan. 31, 6:30-8:30 p.m. at WineNot Boutique (170 Main St., Nashua, 204-5569). Continuing series with Owner Svetlana and Rich Tango-Lowry of Dancing Lion, pairing rare chocolates with extraordinary wines and cheeses. \$50, limited to 25 people, call 625-4043.

• **HEART OF THE GRAPE WINE TASTING BENEFIT** A tasting to benefit Concord Hospital Breast Care Center and Genetic Counseling Program, Fri., Feb. 8, 7-9 p.m. Grappone Conference

Center (70 Constitution Ave. Concord) general \$30; register online at giveto.concordhospital.org; VIP admission is \$70 and includes a reception that begins at 6 p.m. with higher-end wines and shorter lines, raffle prizes and Riedel wine glass. Space is limited.

• **WINTER WINE SPECTACULAR FOR EASTER SEALS** Center of New Hampshire Radisson Hotel (700 Elm St., Manchester), 6-9 p.m., \$65; \$125 Bellman's Cellar Select ticket. Taste around 2,000 wines, meet winemakers; local restaurants provide food. Call 888-368-8880 or visit eastersealsnh.org for tickets.

• **SOMMELIERS' SECRETS** Discern smells, flavors and types of wines: smoky, fruity, floral, aged, Americans, Frenchs and more. Friday, Jan. 25, 6:30-8:30 p.m. WineNot (170 Main St., Nashua, 204-5569). \$30, reserve at winenotboutique.com.

Breweries/Distilleries

• **ANHEUSER-BUSCH** 221 DW Hwy., Merrimack, 955-1202, budweisertours.com. Open daily for tours 10 a.m. to 4 p.m.

• **CANDIA ROAD BREWING CO.** 840 Candia Road, Manchester, 935-8123. Schedule a visit.

• **ELM CITY BREWING CO.** Colony Mill Marketplace, 222 West St., Keene, 355-3335, elmcitybrewing.com. Open Mon. through Thurs., 11:30 a.m. to 11 p.m.; Fri. and Sat., 11:30 a.m. to midnight; Sun., 11 a.m. to 9 p.m.

• **INCREDIBREW** 112 DW Highway, Nashua, 891-2477, incredibrew.com. Personal brewery and winery holding regular brewing sessions.

• **MARTHA'S EXCHANGE RESTAURANT & BREWING CO.** 185 Main St. in Nashua, 883-8781, marthas-exchange.com. Bar open Sun. through Wed. 11 a.m. to 11 p.m.; Thurs. through Sat., 11 a.m. to 1 a.m. Tours by appointment.

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Includes listings for lec-

tures, author events, book

clubs, writers' workshops

and other literary events.

To let us know about your

book or event, e-mail Kel-

ly Sennott at [ksennott@](mailto:ksennott@hippopress.com)

hippopress.com. To get

author events, library

events and more listed,

send information to list-

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POP CULTURE

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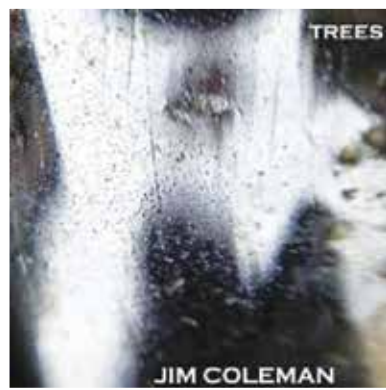
Frontier Ruckus, *Eternity of Dimming* (Quite Scientific Records)



Oh goodie, more hayseed-antebellum banjo nonsense than you can shake a stick at. Since this band claims to have formed during boyhoods spent at a Catholic school in suburban Detroit, I can't simply listen to these Napoleon Dynamite-like sentiments and feel it's my duty to spend the next hundred-odd words giving this absolutely disposable, time-sensitive album a noogie and a wedgie and take its lunch money, but I could suggest they change their name to "Four 4-Eyed Dweebs Who Love The Decemberists Because Look How Awesome The Decemberists Are But We're

Not Typical Clones Because We Use An Actual Musical Saw Just Like In Kentucky Or Whatever And Did We Mention Decemberists Are Awesome Mumfords Are Also By The Way." None of these songs will become the national anthem of the Bowery Ballroom — this is the actual living aural equivalent of reading a Post-It telling you that you just missed last year's hipster-music train, the one the corporations recently hijacked for use as montage bric-a-brac in nimrod TV-dramadeys like *Private Practice*. **C-** — *Eric W. Saeger*

Jim Coleman, *Trees* (Wax & Wane Records)



I've been meaning to mention this ambient instrumental record for a while, one of 2012's more pleasant surprises. Warning signs for straights are everywhere, and not just because it's an all-instrumental album: Coleman was in Cop Shoot Cop after studying experimental cinema, and there are all sorts of connections to the Swans, all of which could put people off — see, if you want to sit and think about rain and puppies, your choice of ambience typically won't involve cutting-edge New Yawkers getting all weird in your earbuds. So I let this one go the distance, expecting Jarboe

or some other creepy person to stumble into the mix and crank up the crazy, but it never happens. It's a series of serene cello-and-sample fugues, evoking, well, trees and wilderness, peaceful stuff that occasionally leans into Asian and Middle Eastern sounds. "This could definitely work as yoga class come-down music," I came to opine, and then I read the bio (I don't always do that, you know) and there ya go, this guy has done soundtrack work for PBS, HBO, all those guys. Pensive but never a bummer. Really nice. **A** — *Eric W. Saeger*

PLAYLIST

A Seriously Abridged Compendium of Recent and Future CD Releases

• I used to be OK with benefit/tribute concerts and albums — I was a young loser idiot just like you are now when "Do They Know It's Christmas" came out, and it still chokes me up during the holidays, even though Bono was involved. Then came Elton John's "Candle in the Wind," about Princess Diana, which was like a punk rocker's worst nightmare come to glorious otherworldly life in every way you could imagine.

Now it's the endless flood of benefits for Hurricane Sandy, culminating with next week's release of *12-12-12: The Concert for Sandy Relief*. As if it were 1982, the main attractions on this surprisingly-quickly-appearing album are Springsteen, Billy Joel, the roundly despised Roger Waters, The Who and ... well, Alicia Keys and Chris Martin making cameo appearances to represent everything that's happened in music since the invention of the Commodore 64.

I'm glad the money from this gigantic spectacle is going to help impoverished and devastated folks in the New York area through the efforts of the Robin Hood Foundation, but there's just something hinky about it all, which, for now, I'm going to write off as Bon Jovi overexposure (do people who loved that guy in the 1980s still buy music products?). Where was the massive media support for fighting poverty prior to this? Why did it take the combined weight of basically every super-sized corporate rocker of the Arena Age to encourage a few Ayn Rand-cultist congress-people to vote for a little help to some Northeast states? Did Grover Norquist and Karl Rove really think Chris Christie was going to toe the party line on this one? And meanwhile, this album has no original, irony-dripping songs about the real reasons people have to ask for help in the first place? Kanye was there, right? Seriously, the whole album seems like an abstract sculpture made of steel and random brand-name trash depicting man's inhumanity to man in such a way that Wall Street won't become offended.

• **Gary Allan** proves that there are a few cowboy-hatters with class with his new album *Set You Free*. No, I'm not a fan of that contrived drawing of his, right out of *Hey Vern It's Ernest*, but touchstone single "Every Storm Runs Out Of Rain" brings the rawk you farmin' folks want without resorting to Toby Keith knuckleheadedness. (Hint: this is me basically approving of an album.)

• **Greg Graffin** is still in the band **Bad Religion**, because 50-year-old doctors like him love to slam-dance and date 19-year-olds who use safety pins as nose-rings. The band's 16th (where does the time go?) album *True North* streets on Tuesday, and it includes the song "Robin Hood in Reverse," which is somehow *not* on the Hurricane Sandy Benefit album. — *Eric W. Saeger*

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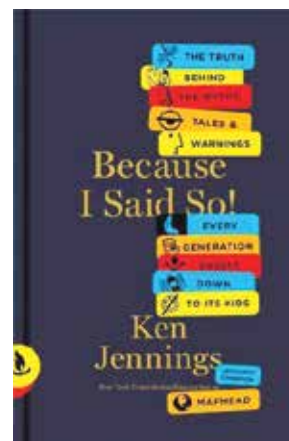
Because I Said So: The Truth Behind the Myths, Tales & Warnings Every Generation Passes Down to Its Kids by Ken Jennings (Scribner, 229 pages)

Ken Jennings is the *Jeopardy!* guy, and no matter how many books he writes, he will always be the *Jeopardy!* guy, just like Dick Morris will always be associated with toes no matter how many presidential elections he fails to accurately predict.

See — there are worse things than being the *Jeopardy!* guy. But it must be annoying to be the author of four books and still have your Wikipedia description begin with “American game show contestant.”

Jennings is the benignly handsome software engineer who won more than \$3 million on *Jeopardy!* in 2004; he still holds the record for the most money won on a game show. After spending much of his winnings on the three Ts — “taxes, tithing and a wide-screen TV,” he invested enough to enable him to quit his day job, spend more time with his family (he and his wife are Mormons who have two kids), and to write non-fiction books that show off his formidable trivia skills. His latest, like the others, is exactly the book you’d expect a brainy former Mormon missionary to write: winsome, bland and vaguely filling, like a bowl of generic corn flakes.

Because I Said So, dedicated to Jennings’ kids, is an exhaustive index of Mom-isms, the things parents say to their kids because their parents said it to them, questionable wisdom that has been handed down for centuries because until now there was no easy way of vetting the information. From “Bundle up — you’ll catch a cold” to “Chocolate makes your skin bad” to “Never wake a sleepwalker,” this is stuff that’s sometimes called common sense, other times called old wives’ tales, depending on how it aligns with your world view, your acne and your recent intake of Hershey kisses.



Jennings takes the material and neatly categorizes it (mealtime, bumps and bruises, sleep, school, and so forth) and then deems it true or false — or sometimes mostly true and mostly false. He gives the appearance of having done research, although given his history, we suspect he knew all this stuff already.

As did we. The problem with this book is that it’s been done before,

often in our email inbox in the form of incessant forwards by well-meaning friends.

This is basically a book of domestic leg-ends, many of which have been addressed in the syndicated newspaper column *The Straight Dope* and on the website *snopes.com*. Anything that’s not there can be found with a simple Google search in less time than it takes water to boil.

In fact, if, at some distant point in the future, you need to know if it’s OK to pop a blister, you can probably find the answer faster via Google than by going to the bookshelf and scrolling through the chapters to find that you should only pop it if “there’s literally no other choice, e.g., if it’s too painful or impossible to walk on.” (Mostly true!)

What Jennings does is compile it all in one place. It’s like an encyclopedia — remember those? The Luddites among us who still enjoy our words printed on dead trees can forgive and even enjoy such a thing. For anyone else to, you’d probably have to be a *Jeopardy!* geek — but Jennings needn’t worry. *Jeopardy!* has been around since 1964 — 10 years longer than Jennings — and its following is strong enough to propel this book to bestseller status, even after the gift-giving season has passed. And as a gift book, this has legs like ZZ Top. Mother’s Day, we’re sorry to remind you, is only four months away. C

—Jennifer Graham

BOOK & LECTURE LISTINGS

Author events

- **JARED DIAMOND** will talk about his latest work, *The World Until Yesterday*, at the Music Hall Loft (Portsmouth, 766-2192) on Thurs., Jan. 17, at 7:30 p.m. Tickets are \$13.
- **CHARLOTTE COX** talks about the final project of her late husband, Larry Cox, *Close Encounters of the Common Loon*, on Thursday, Jan. 17, at 7 p.m., at Gibson’s Bookstore, (27 S. Main St., Concord, 224-0562, gibsons-bookstore.com).

- **KATRINA KENISON** speaks Wed., Jan. 23, at 7 p.m., about her new book, *Magical Journey: An Apprenticeship in Contentment* at Gibson’s Bookstore (27 S. Main St., Concord, 224-0562, gibsons-bookstore.com).
- **ELEANOR MORSE** reads from and signs *White Dog Fell From the Sky* on Wed., Jan. 23, at 7 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth, 431-2100, riverrunbookstore.com.
- **PATRICK LECLERC** author of *Out of Nowhere* visits the Kelley Library, 234 Main St., Salem, kellylibrary.org, 898-7064, on Wed., Jan. 23, at 7 p.m.

- **AUTHOR EVENT** at Derry Public Library, 64 E. Broadway, 432-6140, on Wed., Jan. 30, at 6:30 p.m. Hear readings from three authors: Erin Dionne, *Notes From an Accidental Band Geek*; Gina Rosati, *Auracle*; and Jo Knowles, *See You at Harry’s*.
- **JOSEPH MONNINGER** will talk about *Margaret from Maine* on Thurs., Jan. 31, at 7 p.m., at Gibson’s Bookstore, 27 S. Main St., Concord, 224-0562.
- **CHRIS CASKO** presents *The Elimination Plan*, on Thurs., Feb. 7, at 7 p.m., at Gibson’s (27 S. Main St., Concord, 224-0562, gibsonsbookstore.com).



Book Report

• **Ladybug Picture Award:** You know you're doing all right as a children's author if the kids like your book. New Hampshire children voted (22,078, to be exact), and they chose *Pete the Cat: I Love My White Shoes*, written by Eric Litwin with art by James Dean. The award is aimed to promote early literacy and to honor the best in recent children's picture books. In 2012, to coincide with elections, New Hampshire preschools, elementary schools and public libraries invited children to vote to select this award winner, with voting taking place in 165 schools, libraries and daycares across the state. Visit nhbookcenter.org.

• A guide to good health: Derry native and author Michael Espinola Sr. has announced the release of his new book, *Clean Regime: A Guide to Achieving Vibrant Health*, giving readers the real scoop on being healthy. This idea ranges from air, water and food contamination to natural remedies, detoxification cleanses and the importance of being an informed consumer. Visit tatepublishing.com/bookstore for a copy.

Lectures and discussions
• **FISHING LECTURE SERIES** Thurs., Jan. 17, at 7 p.m.; Adrienne Lavie presents "Ice Fishing in New Hampshire," on Thurs., Jan. 24, at 7 p.m.; and the series ends with a "Let's Go Fishing: Introduction to Fly-Tying" workshop

on Sat., Jan. 26, 10 a.m. to 4 p.m. Registration required for all events. Contact carol.eyman@nashualibrary.org.
• **MOUNT WASHINGTON: HOME OF THE WORLD'S WORST WEATHER** presentation by Eric Pinder, author of several children's books, on Thurs., Jan. 17, at 7 p.m., at the Kelley Library, 234 Main St., Salem, kelleylibrary.org.
• **BICYCLING AROUND THE WORLD** presented by Denis Beaudry at Amherst Town Library, 14 Main St., Amherst, 673-2288, on Tues., Jan. 22, at 7 p.m. Register by calling or emailing library@amherst.lib.nh.us.
• **ABOUT FOOD AND EXERCISE** on Tues., Jan. 29, at 6:30 p.m., by presenter Melissa Koerner, at Goffstown Public Library, 2 High St., Goffstown, 497-2101.
• **HIKING THE APPALACHIAN TRAIL** an evening with Roger "Hammer" Tetreault on Tues., Jan. 29, at 7 p.m., at Amherst Town Library, 14 Main St., Amherst, 673-2288.
• **DISCOVERING NEW ENGLAND STONE WALLS** lecture by Kevin Gardner, author of *The Granite Kiss*, at Wadleigh Memorial Library, 49 Nashua St., Milford, on Tues., Jan. 29, at 7 p.m. Free.

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Wilton Town Hall Theatre continues to draw patrons

By Jeff Mucciarone
jmucciarone@hippopress.com

While film viewers' tastes have changed through the years, Dennis Markaverich's taste in films has not.

"The films I enjoy the most are the classics," said Markaverich, who operates the Wilton Town Hall Theatre. "People say I'm stuck in the past. I am."

He likes epic films of the '50s and '60s, films three or four hours long. He said now people's attention spans are shorter.

The Wilton Town Hall Theatre celebrated its 100-year anniversary last year. Markaverich has been the owner since 1973, though he worked at the theater as a kid as well. The building was constructed in 1886. It was converted into a silent film house in 1912.

"It's the ambience of the old theater, the creaky floors, the red curtains," Markaverich said. "It's a step back in time."

The Wilton Town Hall Theatre, which has two screening rooms, had a particularly good run with *Lincoln*, which ran for 10 weeks from late November into January. One screening room fits 250 people, while the second room fits 63 people.

The theatre has also had some success with the newest James Bond film, *Skyfall*.

"That's not normally our thing," Markaverich said. "But it got good reviews."

The Best Exotic Marigold Hotel was another big success this past year.

As a kid, Markaverich remembered going to the movies with his friends to see whatever the popular movie of the day was. But he'd get tired of those films. Instead, he'd sneak out of that theater and instead catch an epic film like *Lawrence of Arabia*. In middle school, Markaverich remembered regularly visiting Nashua to see movies.

"I went all the time," Markaverich said. "I played sports ... and went to parties and everything else, but I got bored. ... So I'd go to the movies."

One evening last week, Markaverich took a few minutes to check his phone messages and get the theater set up for its 7:30 p.m. screening. He listened to three messages from his film booker, as the booker went back and forth on which films the theater would be able to screen.

For the most part, Markaverich has a pretty good relationship with the big movie theaters in the area: "They don't tread on us, and we don't tread on them."

Some of the arthouse types of films do well initially at the big commercial theaters, but they drop quickly. If Markaverich is picking films right, interest is more consistent, such as *Lincoln*.



The Wilton Town Hall Theatre is now into its 101st year. The theater was scheduled to screen *Life of Pi*. Courtesy photo.

"Arthouse films have more legs," Markaverich said.

But with just two screens, the stakes are higher for Markaverich. He has to be right.

With Netflix, Redbox and On Demand, coupled with more affordable access to big screen televisions, people are more likely to stay home than go out to a movie theater. Throw in parking and weather, and it can be a challenge to draw folks out.

But he's still plugging away.

Going digital?

Major holiday production companies have announced they'll be making the switch to digital production sometime by the end of this year or early 2014. Markaverich is certainly aware of the switch. It's already more difficult for him to get certain films in 35mm, simply because production companies are striking fewer copies of films in 35mm, he said.

Markaverich has no plans to switch the theater's 35mm projectors over to digital projectors. At a cost of probably close to \$200,000, Markaverich said finding that kind of money would be difficult. It would be complicated for him to take out a loan to make the switch too, since he doesn't own the building; the town does.

Markaverich pointed to a big box sitting in the theater's lobby. The box contained the film *Life of Pi*. It costs about \$12,000 to create a 35mm copy of a full-length feature film. It costs about \$150 to do the same thing digitally, Markaverich said. He doesn't begrudge production companies' going the digital route; the cost and time savings are significant.

'Wow, real butter'

The Wilton Town Hall Theatre makes popcorn with real butter. Markaverich goes to Costco and buys four-pound blocks of butter, which is then melted in a double boiler and ladled onto popcorn.

"It tastes good," he said.

Along with an array of canned soda and candy offerings, Markaverich also makes lemonade at the theater, with lemon juice, sugar, water and cranberry juice.

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Zero Dark Thirty (R)
The hunt for Osama bin Laden is long and full of frustrations in Zero Dark Thirty, a War on Terror war movie.

How do you feel about torture? Were you rooting for Jack Bauer to do whatever he had to? Or do you think everybody in U.S. custody should have an open trial? *Zero Dark Thirty* neatly rewinds the question to before Guantanamo, Abu Ghraib, 24, etc., by starting the movie with a jumble of audio from Sept. 11, 2001. The clearest recording features a desperate woman in one of the Twin Towers on the phone with a 911 operator, describing the floor burning around her and aware that she is about to die. It is harrowing; your body tenses up, and you feel anxious before anything other than title cards have appeared on the screen. One could call it a cheap shot, but it’s also not a bad way of getting you to set aside for a moment what you think now and remember what you thought then.

Then we jump forward a few years to a CIA site where a prisoner is being interrogated by Dan (Jason Clarke). He leads a team that includes Maya (Jessica Chastain), an agent who is, like Dan, investigating Al Qaeda and searching for the whereabouts of Osama bin Laden and other Al Qaeda leaders. This would be one of those “enhanced” interrogations that does result in one small shred of information about a man named Abu Ahmed who may or may not be real, may or may not have something to do with Bin Laden and may or may not be alive. To hunt this man down, Maya attends several interrogations and gets bits of information that confirm and don’t confirm and possibly even refute the statements of other prisoners. As the movie jumps forward in time, she is five and then seven and then more years away from 2001, with only the faintest hints at who Bin Laden might have talked to back then, much less where he has gone in the years since. Working in Pakistan with other Al Qaeda-hunting agents (Jennifer Ehle, Harold Perrineau and Kyle Chandler as the station head), she looks at grainy photographs and spends a lot of time talking about possibilities and might-haves that could lead to Bin Laden, all while trying to stop the next attack. The bombings in London in 2005, the Islamabad hotel bombing in 2008, the Times Square bombing attempt in 2010 — they all remind Maya and her colleagues that they aren’t just hunting a fugitive but trying to bring down an active terrorist network.

It should not spoil anything to say that Maya does get a lead that eventually takes the CIA to a large and well-fortified compound in Pakistan. She presents the initial evidence to the CIA director (James Gandolfini, who, though it isn’t directly stated, is doing a Leon Panetta), but, before a mission can even be considered, the evidence



Zero Dark Thirty

gathering must continue. Maya stews for many frustrating months while a case is slowly built that this location is housing the world’s most wanted man.

The 2011 raid on Bin Laden’s compound is the last 30 or 40 minutes or so of this more than two-and-a-half-hour movie. It’s a credit to the film that even though this is very recent, very well-known history, the movie still manages to be edge-of-your-seat suspenseful throughout. And even more impressive is that while, yes, there are torture scenes and explosions and whatnot, a good part of the investigating done by this movie’s characters involves talking and looking at photographs and old reports. For all that we get the action-packed helicopter raid, we also get grueling, disappointment-and-dead-end-filled legwork, which is nice. On *Homeland* (particularly this season), the investigative breaks come easy. Here, they are are hard won.

Speaking of *Homeland*, yes, Maya is very similar to Clarie Danes’ Carrie. This is a movie and not TV, so there isn’t as much (or any, really) back story or character development, but we get a similar sense of a woman who is absolutely consumed by her work. She is clearly smart, maybe the smartest person in the room, but she is not the most politically savvy (or, perhaps, not interested in being politically savvy) and saves none of her energy for winning allies. I had a hard time not seeing Carrie while watching Maya, but if the two bleed together, that’s OK. As Danes herself pointed out at Sunday’s Golden Globes, this is a great time on TV for female characters, hers included. I left wishing I could see the next season of Maya and where Chastain would take her now that this agent has met the biggest challenge of her relatively young career.

But back to torture.

I’d argue that *Zero Dark Thirty* is neither pro- nor anti-torture. It shows “enhanced interrogation techniques” as what happened. It shows Maya getting information as a result of such an interrogation but also not knowing how much of the information she’s getting is good. Are prisoners giving



up genuine secrets? Or just things they made up to stop the pain? We see Maya and Dan working to check facts given by one prisoner against the information of another, but they are never quite sure. While this is, of course, a movie with facts given a dramatic spin, a lot of *Zero Dark Thirty* felt like it was history being laid out there — take it or leave it, this is what (sort of) happened. **A**

Rated R for strong violence including brutal and disturbing images, and for language. Directed by Katherine Bigelow with a screenplay by Mark Boal, Zero Dark Thirty is two hours and 37 minutes long and distributed by Sony Pictures.

Gangster Squad (R)
Cops fight mobsters in 1949 Los Angeles in Gangster Squad, a lovely but dull-bladed knife of an action movie.

In the beginning of so very much voice-over narration, police Sgt. John O’Mara (Josh Brolin) tells us that in 1949 Los Angeles, gangster Mickey Cohen (Sean Penn, Al-Pacino-ing it up all over the place) is taking over. The cops are either in his pocket or are too afraid to do anything. (We get that “evil to triumph/good men do nothing” quote, just in case you thought there might be some original stuff happening here. No, no there is not.) When O’Mara goes to rescue a wannabe ingenue from the hands of one of Cohen’s pimps, his partner doesn’t back him up. And even though he rescued a house full of women being held captive in one of Cohen’s brothels, O’Mara is the one who gets in trouble while the men he arrests are set free.

Ah, but police Chief Parker (Nick Nolte) likes the cut of his jib and tells O’Mara that he wants him to head up a special gangster squad. These men will be tasked with destroying Cohen’s organized crime operation however they have to — no warrants, no arrests, just kicking butt and setting things on fire. O’Mara gets to build his own crew; his pregnant wife (Mireille Enos — this is apparently her punishment for not telling us who killed Rosie Larsen fast enough)

helps him shift through personnel files to find misfits like him. There’s ye olde gun-slinger-type Max Kennard (Robert Patrick) and his partner Officer Navidad Ramirez (Micheal Peña). There’s Officer Coleman Harris (Anthony Mackie), who has been fighting Cohen’s heroin sellers in the city’s African American neighborhood. There’s Officer Conway Keeler (Giovanni Ribisi), nerd. And then there’s Officer Smokin’ Hot Ryan Gosling — er, I think his character is called Jerry Wooters — whose specialty is the cynical smirk and looking smoking hot. He’s all “can’t fight the system” until he realizes that Cohen has a dishy girlfriend, Grace Farady (Emma Stone), and then he decides to join the posse. (Maybe it’s also because he witnesses a gangland shooting with civilian casualties. Neither makes his character more interesting.)

Gangster Squad is subtle like a mallet thud to the head. “Bad guy shoot,” “good guy protect,” “girl nice,” “fire bad” — that kinda sums up the communication style of the movie. With Brolin and Gosling and Stone, I kept expecting layers to their character. They are the kind of actors who can give characters layers. The characters look so pretty you want there to be more to them, if for no other reason than to give you more cause to gaze at their lovely faces. But, nope, no layers, no depths, no dimension. They are paper dolls who are only surprising in their lack of a surprise. I don’t need one of them to turn out to be Keyser Soze, I just wanted for Emma Stone to be something more than vampy hair or Josh Brolin to be something more than that grimace.

Gangster Squad is apparently roughly (very roughly) based on true tales of Los Angeles history, and the most maddening part of the movie is how much more complex and interesting the story could have been with almost no effort. Early in the movie, we are introduced to Chief Parker’s driver, a young officer named Darryl Gates (Josh Pence). Gates, you may remember, was the police chief brought down by the Rodney King case. With not too much effort, the movie could have played with the idea of wild west policing and where it leads. Sure, we cheer on the gangster squad with their due-process-be-damned approach to justice but what could that turn in to? All of the pieces for the garnish of introspection that could have made this movie at little more hefty are just right there, but instead the plodding just-the-facts action steps right over them and trudges on with its beautiful to look at but disappointingly dull story that plays like a community theater version of *L.A. Confidential*. **C**

Rated R for strong violence and language. Directed by Ruben Fleischer and written by Will Beall (from a book by Paul Lieberman), Gangster Squad is an hour and 53 minutes long and distributed by Warner Bros.

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• *Hyde Park on Hudson* (R, 2012) Thurs., Jan. 17, at 2:05, 5:35 & 7:45 p.m.; Fri., Jan. 18, through Sun., Jan. 20, at 1:30, 3:45, 6 & 8:20 p.m.; and Mon., Jan., 21, through Thurs, Jan. 24, at 2:05, 5:35 & 7:45 p.m.
• *Woman in the Moon* (1929) silent film with live musical accompaniment, Wed., Jan. 16, at 7 p.m.
• *Chasing Ice* (PG-13, 2012) Fri., Jan. 18, through Wed., Jan. 23, at 7 p.m.
• *Kongo* (NR, 1931) Sun., Jan. 20, at 4 p.m.
• **Independent Lens** Red River Theatres partnered with New Hampshire Public Television to present a free monthly series of screenings and discussions featuring films from the PBS series Independent Lens. The screenings will take place on one Tuesday per month at 6:30 p.m. through June 2013: Feb. 12, March 12, April 9, May 14, June 11.

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• *Silver Linings PlayBook* (R, 2012) Fri., Jan. 18, through Thurs., Jan. 24, at 7:30 p.m. with an additional 2 p.m. screening on Sun., Jan. 20.
• *The Posedon Adventure* (PG, 1972) Sat., Jan. 19, at 4:30 p.m.
• *The Man Who Laughs* (1928) Sun., Jan. 20, at 4:30 p.m.

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• *Hairspray* (PG, 2007) Wed., Jan. 23, at 1 p.m.
• *The Avengers* (PG-13, 2012) Wed., Jan. 30, at 1 p.m.
• *Love* (1927) silent film with live musical accompaniment, Tues., Feb. 5, at 6 p.m.
• *Short Circuit* (PG, 1986) Wed., Feb. 6, at 1 p.m.
• *Battleship* (PG-13, 2012) Tues., Feb. 12, at 6 p.m. & Wed., Feb. 13, at 1 p.m.
• *Dream Girls* (PG-13, 2006) Wed., Feb. 20, at 1 p.m.
• *The Lorax* (PG, 2012) Wed., Feb. 27, at 1 p.m.
• *Conductor 1492* (1924) silent film with live musical accompaniment, Tues., March 5, at 6 p.m.
• *'Tillie's Punctured Romance* (1914) silent film with live musical accompaniment, Tues., April 2, at 6 p.m.
• *The Chaser* (1928) silent film with live musical accompaniment, Tues., May 7, at 6 p.m.

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• *Monsters vs Aliens* (PG, 2009) Fri., Jan. 18, at 3 p.m.
• *How to Train Your Dragon* (PG, 2010) Fri., Jan. 25, at 3 p.m.
• *Hotel Transylvania* (PG, 2012) Fri., Feb. 1, at 3 p.m.
• *Here Comes the Boom* (PG, 2012) Fri., Feb. 8, at 3 p.m.
• *Alex Cross* (PG-13, 2012) Fri., Feb. 15, at 3 p.m.
• *Peter Pan* (G, 1953) Fri., Feb. 22, at 3 p.m.

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• *Amadeus* (PG, 1984) Wed., Feb. 20, at 7 p.m.
• *Glory* (R, 1989) Wed., March 13, at 7 p.m.
• *Touch of Evil* (PG-13, 1958) Wed., March 27, at 7 p.m.
• *Pandora's Box* (NR, 1929) Wed., April 10, at 7 p.m.

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Nite Roundup

By Michael Witthaus

mwitthaus@hippopress.com

• **Israeli import:** The son of Chilean and Yemeni immigrants, Benny Sharoni learned music in an Israeli kibbutz, growing up folk music while studying classical flute. Increasingly drawn to jazz, he took up saxophone and studied at Berklee in the mid-80s. But the free-spirited player dropped out after a semester; since then, he's thrived. See Sharoni on Friday, Jan. 18, at 8 p.m. at The Purple Pit, 3 Pleasant St. in Concord. Tickets \$10 – event is BYOB. See thepurplepit.com.

• **Pitching in:** With a diverse catalog ranging from Bill Withers to Weezer, with modernistas Flo Rida and All American Rejects as well, Nimbus 9 made its mark on the local scene. The Manchester band provides the music at a benefit for melanoma cancer research. Admission includes dinner and dancing, along with a silent auction and raffles for the cause. See Nimbus 9 on Saturday, Jan. 19, at 6 p.m. at The Derryfield Restaurant, 625 Mammoth Road in Manchester. Tickets are \$40. See thederryfield.com.

• **Oh Captain:** Spun off from classic rock band Brothers In Arms, Dancing Madly Backwards began as an acoustic duo named after a Captain Beyond song (Google the name, you'll be grateful). In recent months, a new rhythm section became part of the equation, and after plenty of practice sessions, the quartet makes its public debut. See Dancing Madly Backwards on Saturday, Jan. 19, at 8 p.m. at The 103 Restaurant, 103 N. Main St. in Rochester. For more, call 332-7790.

• **Kids are all right:** A six-band show features energetic pop punkers The Yellow Team, a Granite State quartet with a solid DIY ethic. Also on the bill is Boston trio DC Wonder, whose nerdy appearance belies a solid command and rhythm and electronica. See them and Eyes Set West, Silent Stories, Him & Me and Boom Boom Crash on Sunday, Jan. 20, at 4:30 p.m. at The Sad Cafe, 148 Plaistow Rd. in Plaistow. See thesadcafe.com.

• **Folk you up:** Blending acoustic roots with jazz inflections and honest lyricism, Claudia Schmidt has been called a “one woman revitalization movement.” Over a four-decade career, she's released 14 CDs, collaborated on several others, appeared on *Prairie Home Companion* and *Mountain Stage* and won awards for acting. See Claudia Schmidt on Thursday, Jan. 16, at 8 p.m. at Flying Goose Brew Pub & Grille, 40 Andover Road in New London. Tickets are \$20.

NITE

Return to Abbey Road

Denny Laine performs Beatles, Wings and British Invasion hits in Concord

By Michael Witthaus
mwitthaus@hippopress.com

Denny Laine knocked around Birmingham, England, with a few bands before tasting success with the Moody Blues. In short order, Laine and his mates headed to London.

There's one powerful reason the city became a magnet for musicians in the early 1960s: it was really the only place to go.

“There were no recording studios or record companies outside of London,” Laine said in a recent phone interview. “All the bands trying to make it in those days moved down.”

The Beatles dominated the scene, and EMI's Abbey Road, with producer George Martin, served as the preeminent studio. The Moodies worked for a different label and thus didn't record there. But Laine and the Fab Four were close friends, and he visited frequently.

It afforded Laine an occasional glimpse of pop history in the making.

“I went to a couple of *Sgt. Pepper* sessions,” he said. “I remember going upstairs and they were doing a test for Pink Floyd, a recording test, and me and Paul went up and gave it a thumbs up. Generally, Abbey Road was a central point ... it was a pretty kind of happening place.”

Later on, Laine would make his own music at the iconic studio, during a 10-year run with Wings, the band formed by Paul McCartney a few years after the Beatles broke up. On Jan. 25, Laine will revisit Abbey Road, playing material he worked on there and performing the album the Beatles named after the place in its entirety.

“It's just a general picture of the songs I recorded or overdubbed at EMI with Wings,” Laine said. “They all have to do

Abbey Road Complete starring Denny Laine

When: Friday, Jan. 25, at 8 p.m.

Where: Spotlight Café at the Capitol Center for the Arts, 44 S. Main St. in Concord

Tickets: \$20 at www.ccanh.com

with either George Martin or Abbey Road.”

Laine couldn't talk about his Wings days during the interview due to the upcoming deluxe reissue of *Wings Over America*, part of an ongoing McCartney project.

“I just did a huge interview with the Rolling Stone guy about that, so we want to keep that under wraps until it comes out,” he said.

But he was forthcoming about plenty of other topics, like “Go Now,” the Moody Blues' lone hit before Laine left the band. American DJ B. Mitchel Reid brought them the song, originally recorded by Besie Banks.

“He came back with a suitcase full of singles and said, ‘Pick a few songs that you're interested in doing’ ... a lot of people wondered where the hell we got that music from — that's how we got it.”

Laine made the well-received single “Say You Don't Mind” with Electric String Band, an ELO forerunner that featured cello and violin soloists from the Royal Academy of Music.

“Fusion was going on with the Beatles; they were sort of the leaders of all that,” Laine said. His difference was bringing it to the stage, “using pickups on violins and stuff like that. So whereas the Beatles and everybody else [worked] in the studio, I was doing it on the road.”

Touring, however, was difficult.

“These guys were hard to pin down because they were always going around the world with orchestras and stuff,” said



Denny Laine. Courtesy photo.

Laine.

But those who saw the shows came away impressed, including a former Beatle who watched them open for Jimi Hendrix at London's Saville Theatre in June 1967.

Hendrix played a rousing version of “Sgt. Pepper's Lonely Hearts Club Band” just days after the Beatles released the album, reportedly blowing McCartney away. But Sir Paul's response to Laine's new band led to a big career boost.

“It gave Paul an opportunity to see what I was doing ... that's one of the reasons he obviously called me up to join Wings.”

Laine is writing an autobiography.

“It's a work in progress,” he said. “I've been given the go-ahead to write about the McCartneys, but obviously I'll run it by Paul. I've written a lot of the early Wings stories ... but it's not just about the Wings period. I don't want that to be the central point. I'm going from Day 1 right up until the 2000s. Finding the time to finish is the problem.” 🍌

Becoming Beatles

Fab Four tribute approaches 30 years

By Cory Francer
cfrancer@hippopress.com

Before the extended trips to India, before they became the psychedelic Sgt. Pepper's Lonely Hearts Club Band, and before those pesky “Paul is dead” rumors, John, Paul, George and Ringo were four guys in matching suits playing love songs.

But those four guys set off a craze unlike anything seen before, playing concerts to

crowds that were screaming so loud it made it nearly impossible to hear the music. 1964: The Tribute recreates that experience. Now in its 29th year, the band revives Beatlemania and transports its audiences back to the beginning of the British Invasion.

When the band started out, it had no intention of becoming a full-time Beatles tribute act, said Mark Benson, who serves as 1964's John Lennon. But

because all of the band members were Beatles fans, they tried out the tribute thing here and there, expecting to land just a few gigs around their hometown of Akron, Ohio. Those first few Beatles performances drew such positive feedback, however, that in the band's second year together, it was all Beatles, all the time.

“We wrongly assumed it would be a Baby Boomer thing and we would be playing VFW

halls or oldies shows,” Benson said. “We thought the people who grew up with the Beatles' music might be nostalgic for it. ... It was the college market that really surprised us.”

Throughout 1964's nearly 30-year career, the goal has been to recreate those iconic Beatles concerts of the Ed Sullivan Show and Shea Stadium. Benson said the Beatles stopped touring after the release of *Rubber Soul* and *Revolver*, so don't



1964: The Tribute will recreate an early Beatles concert at the Palace Theatre. Courtesy photo.

expect to hear much from the *White Album*, *Sgt. Pepper*, *Abbey Road* and other late-'60s releases.

To look the part, 1964 dons the same style suits and mop-top haircuts, plays instruments modeled after the Beatles' and even adapts their mannerisms.

Benson said a lot of people just want to hear their favorite songs, but a more critical portion of the audience is made up of people who have studied the details of Beatles concerts.

They would immediately recognize the inconsistencies if Paul wasn't playing a left-handed bass or if John's knees weren't bent.

With the visual aspect down, Benson said recreating an authentic early-Beatles sound is a challenge. All of the band members are experienced musicians, but sometimes that experience can become a problem.

"You end up learning that these guys were not virtuosic. They were 18, 19 and 20 years old," Benson said. "If you play 'Roll over Beethoven' like you're Eddie Van Halen, it won't sound right. You have to play with a vibe like, 'I don't know if I'm going to make it through this.'"

1964 even emulates the Beatles' speaking voices. Turning a Mid-Western accent Liverpudlian may seem like a daunting task, but Benson said having grown up during Beatlemania helps.

1964: The Tribute

When: Sunday, Jan. 20, at 7 p.m.

Where: Palace Theatre, 80 Hanover St., Manchester

Tickets: \$38. Call 668-5588 or visit palacetheatre.org. Check out 1964 at 1964site.com.

"When the Beatles came to America in the '60s, everyone was fascinated by their accents," Benson said. "We were all faking British accents to be cool."

Since they first realized they had a good thing going, 1964 members have been appreciating their connection to multiple generations.

It's not uncommon to have grandparents, parents and young kids in the audience at a 1964 concert, Benson said.

Just recently, Benson said, a grandfather and grandson approached him together for an autograph. Even before seeing 1964, the two had bonded over the Beatles earlier in the day by playing the Beatles Rock Band video game together.

"It's not just a Baby Boomers show – you can bring anyone," Benson said. "Being in the business, you learn that rock and roll and good clean fun don't always go together. But with this, you get to hear some of the best pop music of all time and scream your brains out, and everyone thinks it's funny." 🍷

Nightlife Listings

Music, comedy & parties

• **CLAUDIA SCHMIDT CONCERT** at the Folk Music Society's Bass Hall (19 Grove St., Peterborough) Fri., Jan. 18, at 8 p.m. The concert will showcase songs from Schmidt's album *Bend in the River: Collected Songs*. Tickets \$12-\$15. Call 924-3235 or visit peterborough-history.org.

• **LAKES REGION BIG BAND** will perform at the Franklin Opera House (316 Central St., Franklin) Sat., Jan. 19, at 7:30 p.m. Tickets cost \$20. Visit franklinoperahouse.org.


• **JAZZ IN JANUARY** at the Concord Community Music School (23 Wall St., Concord) Fri., Jan. 25, at 7 p.m., and 9 p.m. The Musicians of Wall Street Jazz Ensemble will perform. Tickets are \$15 for adults and \$12 for seniors and students. Call 228-1196 or visit ccmusicsschool.org.


• **SANTA CROCE** will perform at the Franklin Opera House (316 Central St., Franklin) Sat., Feb. 2, at 7:30 p.m. Family band covers classic and modern hits. Tickets are \$14 (\$12 for students and seniors). Visit wearesantacroce.com.

• **POPVICH COMEDY PET THEATER** at the Rochester

Opera House (31 Wakefield St., Rochester) Sat., Feb. 9, at 7 p.m. Circus performer Gregory Popovich will perform with 26 cats and dogs performing comedic stunts and tricks. Tickets \$25-\$32. Call 335-1992 or visit rochesteropera-house.com.

• **SWOONING VALENTINE'S DAY PARTY** at the Trumpet Gallery (8 Grove St., Peterborough) Sat., Feb. 9, at 7 p.m. Valentine's themed party featuring jazz musician Mike Wakefield. Admission is \$20 and reservations are requested by Fri., Jan. 25. Call 924-9862 or email monaadisa-brooks@gmail.com.






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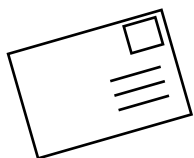
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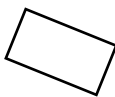
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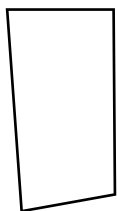
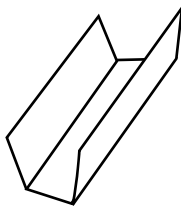
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NITE

Nashville cat

Tom Dixon makes his move

By Michael Witthaus
mwitthaus@hippopress.com

When Tom Dixon put his January and February schedule together, he wasn't planning a farewell tour. But that's how it's turning out. On Dec. 29, the country rocker and bandleader told fans he was moving to Nashville.

"If I ever want to have a chance of taking it to the next level and living my dream, I have no choice," Dixon wrote on his Facebook page.

Talking by phone a few days after making the announcement, Dixon said he'd entertained thoughts of moving to Music City almost from the day he started performing.

"Ten years ago I was terrified to go down and try to get a record label, but it was a different industry back then and a different world – and I hadn't played with a band that much."

In the ensuing years, Dixon made a pair of albums, *Rock Hard Country* (2007) and *Truckin'* (2011), while building a solid fan base from Maine down to Virginia.

"That is going to give me a leg up on a lot of the guys from the South that grew up in the South," explained Dixon. "I've got the Northeast and that's a hard nut to crack."

But much of that success came as a cover band, and Dixon wants to play his own music.

"That is the main reason I am making this change," he said. "Up here I feel as if I've gone as far as I can with what we've done, but I can't get any further with the original music."

Fittingly, Dixon's final show will be his first as a solo artist playing only his own material. On Feb. 23, he'll share the stage with Natalie Turgeon Band and Jimmy Lehoux at The Flying Monkey in Plymouth. He and his wife – whose job transfer set the move in motion – will be on the road a couple of days later.

Before that happens, the Tom Dixon Band will take a final bow in many of the rooms that helped make them regional favorites and Hippo readers' top cover band in 2012. The band's last appearance is Feb. 22 at Joker's Bistro and Bar in Manchester.

"We know that it's going to be an awesome show and we are going to be right at home," Dixon said of the Joker's gig, adding that teen dynamo MB Padfield will also perform, along with possible surprises. "I'd like to make it a kind of music festival to show what Manchester has got and what I'd like to take with me."

Another big show on Dixon's calendar is Jan. 20 – a Sunday afternoon fundraiser for an 11-year-old Hudson girl with an



Tom Dixon. Photo by Michael Witthaus.

**Tom Dixon Band
With Natalie Turgeon Band –
Country For McKenzie**

When: Sunday, Jan. 19, at noon

Where: The Yard, 1211 S. Mammoth Road in Manchester

Tickets: \$15

Also performing **Thursday, Jan. 17**, at Lakes Region Casino in Belmont (Acoustic Duo Tom & Dave) and **Friday, Jan. 18**, at The City Sports Grille in Manchester (full band, last show ever at this venue)

For a full listing of the band's final area shows, go to tomdixonband.com.

inoperable brain tumor. The Country For McKenzie concert includes an appearance by the Natalie Turgeon Band, a group Dixon is quite friendly with.

"We have been keeping in touch since they got started ... we're both modern but with different styles, so it's a great marriage between the two," said Dixon, noting that both groups recorded at Indiefair Studios in his hometown of Londonderry.

Over the years, Dixon and his bandmates have done plenty of benefits, and he says this one was easy to accept.

"I went to everybody in the band," he said. "Pretty much the consensus is: 'Cancer sucks, so hell yeah!'"

Dixon has some potential gigs lined up and some solid connections down south.

"I have a few friends who are songwriters and I've been talking to a producer," he said, adding that he has plans with a Nashville performer he met on the New England circuit, Tim Laroche.

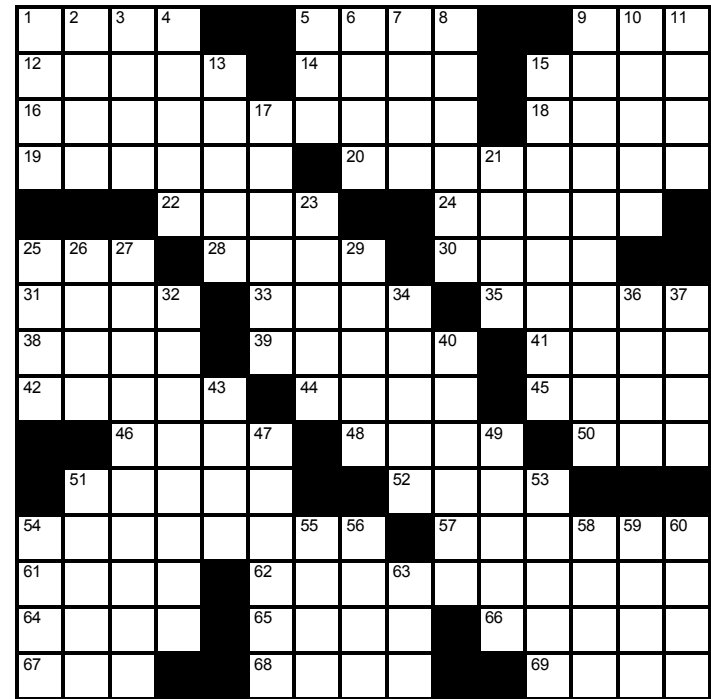
Does Dixon ponder leaving his band and a solid regional following for an uncertain future? "At least three times daily," he said with a laugh. "I'm leaving four of the best musicians in New England. They can't go and I understand, but I still joke about taking them in my suitcase." 🐾

Here's to you

Across

1. RHCP bassman
5. "When the moon ___ your eye, like a big pizza pie, that's amore"
9. Morphine's '95 'Honey White' album
12. 'At ___ (The Little Things)' Kelly Price

14. State The Used are from
15. Stones "I'm on the ___, we ain't for hire"
16. ___ Blink 182: Pacific Ridge Records Heroes of Pop-Punk (1,7,2)
18. Everybody Wants To ___ The World
19. Black Keys '___ The Ceiling' (4,2)
20. Nothingface '___ Masturbation'



- (6,2)
22. Miami nu metal band
24. Labelmates?
25. Metal band Strapping Young ___
28. 'Beautiful Freak' band
30. Third Eye Blind '___-Charmed Life'
31. Bob Dylan 'Desire' song about Egyptian goddess?
33. Cornershop had a 'Brimful Of' it
35. Green Day bassist Mike
38. What Alice Cooper told you to raise in 87'
39. 'Stoned Immaculate: The Music Of The ___'
41. Blink-182, e.g.
42. Musical term for silence
44. 'In Rainbows' Radiohead song for the buff?
45. ___ Music Entertainment
46. Suidakra 'Guileded ___'
48. Nugent and Templeman
50. 'Fool (If You Think It's Over)' Chris

1/10



51. Smitherens '___ Memory' (4,1)
52. A Horse With No ___
54. Snowden's first release (hyph)
57. Better Than Ezra '___ New Orleans' (4,2)
61. 'Miss ___ USA' Best Kissers In The World
62. "___ one more time, once is never enough" (2,4,2,2)
64. Mr Mister might have a broken one
65. Sarah McLachlan "___ I do believe I failed you"
66. OAR '___ To You'
67. 'Goody Two Shoes' Adam
68. Recording costs, before sales
69. '05 Musical film w/Taye Diggs Down
1. King's X 'Black ___'
2. 30 Seconds To Mars Shannon
3. Sing/songster Kate
4. Not the B-side (hyph)
5. Beach musician might live in one
6. Romantic stars seen together
7. 'All The Things She Said' Russians
8. Worn at hot summer show
9. Velvet Underground 'I'll Be ___' (4,6)
10. Dirty Threeman/Nick Cave sidekick Warren
11. Trans-Siberian Orchestra 'The World That He ___'
13. 'The Weary Kind' Oscar-winner Burnett (1,4)
15. Crowded House 'Don't ___ Over' (5,3)

17. Rap-rockers Hollywood ___
21. Keepsake 'A Simple ___'
23. Kid Rock guitarist Kenny
25. Poets Of The Fall song that will pick you up?
26. Continent-inspired prog-rockers?
27. Sixpence None The Richer 'Divine ___'
29. Kiss '___ It Out Loud'
32. Jane's Addiction 'Been Caught ___'
34. 'Insensitive' Jann
36. 'Absolutely (Story Of A Girl)' ___ Days
37. Petra 'More Power ___' (2,2)
40. 'Breaking Up Is Hard to Do' Neil
43. Glen Campbell '___ Little Kindness' (3,1)
47. Might lose one at beach show
49. Robert of The Cure
51. UB40 '___ Ten' (3,2)
53. Steve Miller '___ Maurice'
54. System Of A Down 'Toxicity' song
55. Stabbing Westward 'What Do I Have ___?' (2,2)
56. Aaron Neville 'Tell It Like ___' (2,2)
58. Tipper that led PMRC
59. Black cat-inspired LA metal band?
60. Weekend-long show (abbr)
63. Poison 'Every Rose ___ It's Thorn'

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Bedford Bedford Village Inn (BVI) 2 Olde Bedford Way, 472-2001			Hampton Boardwalk Inn 139 Ocean Blvd., 929-7400 Breakers By the Sea 409 Ocean Blvd, 926-7702 La Bec Rouge 73 Ocean Blvd, 926-5050 Old Salt 409 Lafayette Road, 926-8322 Sea Shell Stage on Ocean Blvd. Ron’s Landing 379 Ocean Blvd, 929-2122, Wally’s Pub 144 Ashworth Ave., 926-6954 Whales Tales 169 Ocean Blvd, 967-4771	Laconia Anthony’s Pier Restaurant 263 Lakeside Ave., 366-5855 Baja Beach Club @ China Bistro 89 Lake St., 524-0008 Broken Spoke Saloon 1072 Watson Road, 366-5511 Cactus Jack’s 1182 Union Ave., 528-7800 The Crazy Gringo 306 Lakeside Ave., 366-4411 Fratello’s 799 Union Ave., 528-2022 Margate Resort 76 Lake St., 524-5210 Naswa Resort 1086 Weirs Blvd., 366-4341 Paradise Beach Club 322 Lakeside Ave., 366-2665	Loudon Graverobbers Coffeehouse Loudon Congregational Church, 7018 Church St., 783-9478
Belmont The Lodge at Belmont Route 106, 877-872-2501 Top of the Town 88 Ladd Hill Rd, 528-3244 El Jimador Mexican Restaurant 171 DW Highway, 527-8122	Davisville Muddy Pond Jazz Deal grounds of Davisville Flea Market, 805 Route 103 East (Exit 7 off I-89), 746-4000	Dunbarton Spireside Coffee House 6 Stark Highway North	Henniker Daniel’s Main Street, 428-7621 Pat’s Peak Sled Pub 24 Flanders Road, 888-728-7732 The Henniker Junction 24 Weare Road, 428-8511		Mancheste r 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Blu 1087 Elm St., 669-5523 Boynton’s Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677
Boscawen Alan’s 133 N. Main St., 753-6631	Deerfield Lazy Lion Café 4 North Road, 463-7374	Epsom Circle 9 Ranch Windymere Dr., 736-9656			Manchester 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Blu 1087 Elm St., 669-5523 Boynton’s Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677
Bow Chen Yang Li 520 South St. 228-8308	Derry Adams Opera House 29 W. Broadway Coffee Factory 55 Crystal Ave., 432-6006 Halligan Tavern 32 W. Broadway, 965-3490				Mancheste r 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Blu 1087 Elm St., 669-5523 Boynton’s Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677
Bristol The Back Room at The Mill 2 Central St., 744-0405					Mancheste r 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Blu 1087 Elm St., 669-5523 Boynton’s Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677

Thursday, Jan. 17 Concord Granite Restaurant & Bar: CJ Poole Hermanos: Mike Morris	Pitmans Freight Room: Chroma Concept Jazz Band	Merrimack The Homestead: Tony Santesse	Portsmouth Press Room: Sidewalk Boys The Red Door: The Connection, Zipgun Bomber Ri Ra: Hott Commodity Rudi’s: Rob Gerry & Guest Thirsty Moose: The Whiskey Boys	Dover Brick House: Shark Martin Fury’s: Hillbilly Bop Kelley’s Row: Driving Force	Piccola’s Upstairs Lounge 815 Elm St. Raxx Lounge 1195 Elm St. Rocko’s Bar & Grill 253 Wilson St., 626-5866 Salona Bar & Grill 128 Maple St., 624-4020 Sam Adams Bar & Grill Northeast Delta Dental Stadium, 1 Line Drive., 641-2005 The Shaskeen 909 Elm St., 625-0246 Social 24 24 Depot St., 782-8489 Stage Door 96 Hanover St., 626-9830 Starbucks 1111 S. Willow St., 641-4839 Strange Brew Tavern 88 Market St., 666-4292 Theos 102 Elm St., 669-4678 Unwine’d 865 Second St., 625-9463 The Wild Rover 21 Kosciuszko St., 669-7722 Workmen’s Club 183 Douglas St. XO on Elm 827 Elm St., 206-5721 The Yard 1211 S. Mammoth Road, 623-3545
Dover Brick House: Poor Howard Fury’s: Erin’s Guild	Londonderry Coach Stop: Charlie Christos Whippersnappers: Chris Fitz Band	Milford J’s Tavern: Kim Riley Pasta Loft: Scooter Way			Meredith Giuseppe’s: Justin Jaymes
Epping Holy Grail Food & Spirits: Dan Walker	Manchester Club 313: DJ Pez Derryfield: Brooks Hubbard Fratellos: Jazz Night Jokers: Aaron Denny Milly’s Tavern: Lakes Region Big Band Shaskeen: Down to the Well Stage Door: Dave Clark Strange Brew: Patrik Gochez	New London Flying Goose: Claudia Schmidt	Nashua Fody’s: Matt Jackson		
Gilford Patrick’s Pub: Dave Bundza		Newmarket Stone Church: Daniel Hartigan, Fire Tower, Orange Umbrellas			
Goffstown Village Trestle: Gardner Berry		Plaistow 2 Sisters Bar & Lounge: Erin Brunelle			
Laconia			Friday, Jan. 18 Boscawen Alan’s: Gardner Berry	Exeter Shooters Pub: DJ BiggZ and “D” Entertainment	Hampton Ron’s Landing: Matt Luneau & Phil Nunez Wally’s Pub: Whiskey Tango
			Concord Loudon Road Restaurant & Pit Road Lounge: Red Sky Mary Makris: Chris Lester Purple Pit: Benny Sharoni Red Blazer: Siroteau True Brew Barista: Diamond Joe	Gilford Patrick’s Pub: Brooks Hubbard	Londonderry Coach Stop: Paul Luff Whippersnappers: Leaving Eden
				Hampstead Pasta Loft: Matt & Max Route 111 Village Square: Hit Squad	Manchester British Beer Company: Jim Devlin Band City Sports Grille: Tom Dixon Band Club 313: DJ Bob

Chapanga's
168 Elm St., 249-5214
Clark's Tavern
40 Nashua St., 769-3119
J's Tavern
63 Union Sq., 249-9222
The Pasta Loft
241 Union Sq., 672-2270
Tiebreakers at Hampshire Hills
50 Emerson Road, 673-7123

Nashua
Arena Sportsbar & Nightclub
53 High St., 881-9060
Backstage Bar and Grill
56 Canal St., 598-8256
Boston Billiard Club
55 Northeastern Blvd., 595-2121
Country Tavern
452 Amherst St., 889-5871
Fat Daddy's Cafe
650 Amherst St.
Fody's Tavern
9 Clinton St., 577-9015
Haluwa Lounge
Nashua Mall, 883-6662
Junkyard
522 Amherst St., 882-6026
Killarney's Irish Pub
Holiday Inn, 888-1551
Lafayette Club
34 High St., 889-9860
Martha's Exchange
185 Main St., 883-8781
McKenzie's Restaurant and Bar
96 Main St., 577-1151
Michael Timothy's
212 Main St., 595-9334
Nashua Garden
121 Main St., 886-7363
Old Amsterdam Bar
8 Temple St., 204-5501
The Peddler's Daughter
48 Main St., 880-8686
Penuche's Ale House
4 Canal St., 595-9831
Pine Street Eatery
136 Pine St., 886-3501
The Polish American Club
15 School St., 889-9819

Simple Gifts Coffee House
58 Lowell St.
603 Lounge
14 W. Hollis St., 821-5260
Slade's Food & Spirits
4 W. Hollis St., 886-1334
Stella Blu
70 E. Pearl St., 578-5557
Studio 99
17 Factory St., 562-5179
Unums
47 E. Pearl St., 821-6500
Villa Banca
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New Boston
Molly's Tavern
35 Mont Vernon Road, 487-2011

New London
Flying Goose Brew Pub & Grille
40 Andover Road, 526-6899

Newmarket
Lamprey River Tavern
110 Main St., 659-3696
KJ's Sports Bar
N. Main St., 659-2329
Stone Church
5 Granite St., 650-7700

Newton
Hen House Sports Bar & Grill
85 S. Main St., 382-1705

Pelham
Shooters
116 Bridge St., 635-3577

Peterborough
Harlow's Pub
3 School St., 924-6365
Peterborough Players Theater
Hadley Road

Plaistow
2 Sisters Bar & Lounge
20 Plaistow Rd., 974-2406
Corner Pocket
181 Plaistow Rd., 382-3130
Dugout Grille
93 Main St., 819-4947
The Sad Café
148 Plaistow Rd., 382-8893

Portsmouth
American Legion Post 6
96 Islington St.
Blue Mermaid Island Grill
hill at Hanover and High streets, 427-2583
Daniel Street Tavern
111 Daniel St.
Dolphin Striker
15 Bow St., 431-5222
Fat Belly's
2 Bow St., 610-4337
Gas Light Co.
64 Market St., 431-9122
The Hilton Garden Inn
100 High St., 431-1499
Jitto's Supersteak
3131 Lafayette Road, 436-9755
Martingale Wharf
99 Bow St., 431-0901
The Music Hall
104 Congress St., 433-3100
Paddy's American Grill
27 International Drive, 430-9450

Portsmouth Pearl
45 Pearl St., 431-0148
Press Room
77 Daniel St., 431-5186
The Red Door
107 State St., 373-6827
Red Hook Brewery
35 Corporate Drive, 430-8600
Ri Ra Irish Pub
22 Market Sq., 319-1680
Rudi's
20 High St., 430-7834
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49 Pleasant St., 436-9289
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169 Walton Road
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Johnson, Justin Spicer, This is Mutiny

Portsmouth
Blue Mermaid: Boom Lava
Gas Light Co.: DJ Koko P, Charlie Christos, Keith Henderson
Press Room: Soggy Po' Boys
The Red Door: D-lux, Wheels
Rudi's: Rob Gerry & Guest
Thirsty Moose: Fighting Friday

Sunapee
Sunapee Coffee House: Jeff Warner

Saturday, Jan. 19
Allenstown
Ground Zero: Lydia Ayer, The Pax Romana, Secrets Within

Derryfield: Conniption Fits
Fratellos: Brian Gray
Jam Factory: Jade Thibault, Chatfield and Phoenix, Kevin Kelley, Jesse Rousell
Jokers: Kim Riley
Murphy's Taproom: Business Time
Raxx Lounge: DJ Mike
Shaskeen: The Lifted Crew
Stage Door: Rebel Lane
Strange Brew: Love Dogs

Meredith
Giuseppe's: Michael Bourgeois, DJ "AK Fresh"

Merrimack
The Homestead: Sev

Milford
Clark's Tavern: Adam Payne
J's Tavern: Acoustic Alligators
Pasta Loft: Aldous Collins Band

Nashua
Fody's: Jam Lab
Killarney's Irish Pub: Kieran McNally
Peddler's Daughter: Ripcord
Stella Blu: Joe McDonald

Newmarket
Stone Church: Eric & The Anxiety, The Frosting

Plaistow
2 Sisters Bar: George Belli & The Retroactivists
Sad Cafe: Neon Down, Unfinished Business, Leafy, Carissa

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NITE MUSIC THIS WEEK

Boscawen

Alan's: Those Guys

Concord

Hermanos: Second Wind
Loudon Road Restaurant & Pit Road Lounge: Shameless
Purple Pit: Brooks Young Band
True Brew Barista: Sean Gaskell & Dave Kobrenski

Dover

Brick House: Jake Hill & Deep Creek, The Mallett Brothers Band
Fury's: The Toasters

Dunbarton

Spieside Coffee House: The HardTacks

Epsom

Circle 9 Ranch: Cricket Creek Band

Epping

Holy Grail Food & Spirits: Wooden Nickels

Gilford

Patrick's Pub: George Lodge & Jim Hollis

Goffstown

Village Trestle: The Bruce Marshall Band

Hampstead

Route 111 Village Square: BFD

Hampton

Wally's Pub: Diezel

Henniker

Pats Peak Sled Pub: The McMurphys

Londonderry

Coach Stop: Brian Gray
Whippersnappers: Mirage

Manchester

Boynton's Taproom: Dueling Pianos
British Beer Company: Mugsy
Club 313: DJ Bob
Derryfield: Nimbus 9
Fratellos: Jeff Mrozek

Jam Factory: We are Waiting, True North, Strawberry Embassy
Jokers: Dave Bundza
Raxx Lounge: DJ Mike
Shaskeen: Kool Keith
Stage Door: Lichen
Strange Brew: Matthew Stubbs Band

Meredith

Giuseppe's: David Lockwood, DJ Frankie

Merrimack

The Homestead: MB Padfield

Milford

Clark's Tavern: DJ D Struct
J's Tavern: Tammy Lynn and Myles High
Pasta Loft: Mr. Nick and the Dirty Tricks

Nashua

Fody's: Groove Thang
Killarney's Irish Pub: Kieran McNally
Old Amsterdam: Charlie Christos

NITE CONCERTS

Capitol Center for the Performing Arts 44 S. Main St., Concord, 225-1111, ccanh.com

The Colonial Theatre 95 Main St., Keene, 352-2033, thecolonial.org

Dana Humanities Center at Saint Anselm College 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana

The Flying Monkey 39 S. Main St., Plymouth, 536-2551, flyingmonkeynh.com

Hampton Beach Casino Ballroom 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com

Leddy Center 38c Ladd's Lane, Epping, 679-2781, ledodycenter.org

Lowell Boarding House Park 40 French St., Lowell, Mass., www.lowellsummermusic.org

Lowell Memorial Auditorium East Merimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com

Meadowbrook U.S. Cellular Pavilion 72 Meadowbrook Lane, Gilford, 293-4700, meadowbrook.net

The Middle Arts & Entertainment Center 316 Central St., Franklin,

934-1901, themiddlenh.org

The Music Hall 28 Chestnut St., Portsmouth, 436-2400, the-music-hall.org

The Old Meeting House, 1 New Boston Road, Francetown
Palace Theatre, 80 Hanover St., Manchester, 668-5588, palacetheatre.org

Prescott Park Arts Festival 105 Marcy St., Portsmouth, www.prescottpark.org, 436-2848

Rochester Opera House 31 Wakefield St., Rochester, 335-1992,

rochesteroperahouse.com
Stockbridge Theatre Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com

Tupelo Music Hall 2 Young Road, Londonderry, 437-5100, tupelohall.com

Verizon Wireless Arena 555 Elm St., Manchester, 644-5000, www.verizonwirelessarena.com

Whittemore Center Arena, UNH 128 Main St., Durham, 862-4000, www.whitt-center.com

• **Apple Hill String Quartet** Fri., Jan. 18, at 8 p.m., Colonial Theatre
• **Guster** Sat., Jan. 19, at 9 p.m., Music Hall
• **The Wailers** Sat., Jan. 19, at 7:30 p.m., Flying Monkey
• **Mayhem Poets** Sun., Jan. 20, at 4 p.m., Colonial Theatre
• **Gin Blossoms** Wed., Jan. 23, at 7:30 p.m., Flying Monkey
• **The Manhattan Transfer** Thurs., Jan. 24, at 7:30 p.m., Cap Center
• **Paul Byrom** Fri., Jan. 25, at 8 p.m., Tupelo
• **Martin Sexton** Sat., Jan. 26, at 7:30 p.m., Flying Monkey
• **Blue Oyster Cult** Fri., Feb. 1, at 7:30 p.m., Flying Monkey
• **Eddie Money** Fri., Feb. 1, at 8 p.m., Colonial Theatre
• **Commander Cody** Fri., Feb. 1, at 8 p.m., Tupelo

• **DeadPhish 2** Sat., Feb. 2, at 7:30 p.m., Flying Monkey
• **Sixpence None the Richer** Sat., Feb. 2, at 8 p.m., Tupelo
• **Savoy Brown** Thurs., Feb. 7, at 8 p.m., Tupelo
• **Kathleen Edwards** Fri., Feb. 8, at 8 p.m., Tupelo
• **Gandalf Murphy and the Slambobian Circus of Dreams** Sat., Feb. 9, at 8 p.m., Tupelo
• **Liz Longley** Thurs., Feb. 14, at 8 p.m., Tupelo
• **Honky Cats: Dueling Pianos** Fri., Feb. 15, at 8 p.m., Colonial Theatre
• **Karen Grenier** Sat., Feb. 16, at 8 p.m., Tupelo
• **Maroon 5** Sun., Feb. 17, at 7:30 p.m., Verizon Wireless Arena
• **Soul Rebels** Sun., Feb. 17, at 7:30 p.m., Music Hall

• **Max Creek** Fri., Feb. 22, at 8 p.m., Tupelo
• **Indigo Girls** Sat., Feb. 23, at 8 p.m., Music Hall
• **Mike Doughty** Sat., Feb. 23, at 8 p.m., Tupelo
• **James Hunter** Sun., Feb. 24, at 7 p.m., Tupelo
• **The Who** Sun., Feb. 24, at 8 p.m., Verizon Wireless Arena
• **Ed Kowalczyk** Thurs., Feb. 28, at 7:30 p.m., Colonial Theatre
• **Aaron Carter** Sat., March 2, at 7 p.m., Tupelo
• **The Saw Doctors** Sun., March 3, at 7 p.m., Tupelo
• **Peter Dinklage** Fri., March 8, at 7:30 p.m., Palace
• **James McMurty** Sat., March 9, at 8 p.m., Tupelo
• **The Beach Party Boys, The Jersey Kid** Fri., March 15, at 7:30 p.m., Palace

ENGLISH LEGENDS



Eighties legends The English Beat are headed to the Granite State. Original member Dave Wakeling leads the current lineup, which will bring its two-tone sound and style to Tupelo Music Hall (2 Young Road, Londonderry) Wednesday, Jan. 30, at 8 p.m. Tickets range from \$35 to \$40. Call 437-5100 or visit tupelohall.com.

Peddler’s Daughter: Clones
Stella Blu: Jon Abrams

Newmarket
Stone Church: Sonic Spank,
The Cyborg Trio

Plaistow
2 Sisters Bar & Lounge: DJ
Mike Clarke

Portsmouth
Blue Mermaid: Jon King
Gas Light Co.: DJ Koko P, Will
Metivier, Tony Santesse
Press Room: Bobby Keyes Trio
The Red Door: Mike Swells
Rudi’s: Rob Gerry & Guest
Thirsty Moose: Richard James
& The Name Changers

Salem
Jocelyn’s Lounge: Jim Renner

Sunday, Jan. 20
Concord
Hermanos: Eric Chase

Dover
Brick House: DJ Erich Kruger

Hampton
Ron’s Landing: The Read/Allan
Duo
Wally’s Pub: Rob Benton

Henniker
Pats Peak Sled Pub: October
Sons

Londonderry
Whippersnappers: Dave Clark

Manchester
Jam Factory: Perilous, Forest of
Remorse

Portsmouth
Press Room: The Kenny Werner
Trio
The Red Door: Green Lion
Crew
Rudi’s: Lex & Joe

Monday, Jan. 21
Concord
Hermanos: Eric Chase

Manchester
Fratellos: Rob Wolfe
Jam Factory: Eli Elkus

Meredith
Giuseppe’s: Lou Porrazzo

Merrimack
The Homestead: Charlie Chris-
tos

Nashua
Studio 99: Django Jam

Portsmouth
Press Room: FTET
The Red Door: Nuda Veritas

Tuesday, Jan. 22
Concord
Barley House: Traditional Irish
Session
Hermanos: Craig Jaster

Dover
Fury’s: Tim Theriault and
Friends

Manchester
Fratellos: Jeff Mrozek.
Milly’s Tavern: Manchuka
Raxx Lounge: DJ Mike
Shaskeen: Tom Deniston
Strange Brew: Peter Parcek

Meredith
Giuseppe’s: Michael Bourgeois

Merrimack
The Homestead: Paul Luff

Wednesday, Jan. 23
Concord
Hermanos: Craig Jaster

Gilford
Patrick’s Pub: Paul Warnick

Manchester
Fratellos: Chris Lester
Jokers: MB Padfield
Strange Brew: Lex & Joe

Meredith
Giuseppe’s: Dan Stevens

Merrimack
The Homestead: Brian Gray

Milford
Clark’s Tavern: Lisa Guyer
J’s Tavern: The Boogiemens

Portsmouth
Press Room: Carol Coronis
Rudi’s: Dmitri
Thirsty Moose: Van Gordon
Martin

COMEDY THIS WEEK AND BEYOND

Friday, Jan. 18
Concord
Cap Center: Catch
Comedy Night: Capitol
Steps

Manchester
Headliners: Jody
Sloane

Saturday, Jan. 19
Laconia
Pitman’s Freight
Room: Brad Mastran-
gelo, Chris Pennie

Manchester
Headliners: Larry
Norton

Friday, Jan. 25
Manchester
Headliners: Mike
Koutrobis

Saturday, Jan. 26
Keene
Colonial Theatre:
North Shore Comedy

Manchester
Headliners: Mike
Koutrobis

Friday, Feb. 1
Manchester
Headliners: Chance
Langton

Saturday, Feb. 2
Manchester
Headliners: Chance
Langton

Friday, Feb. 8
Manchester
Headliners: Johnny
Pizzi
Palace Theatre: Jim
McCue

Saturday, Feb. 9
Manchester
Headliners: Johnny
Pizzi

Friday, Feb. 15
Londonderry
Tupelo: John Turco,
Graig Murphy, Jody
Sloane

Manchester
Headliners: Mike
Donovan

Saturday, Feb. 16
Manchester
Headliners: Mike
Donovan

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SIGNS OF LIFE

All quotes are from Benjamin Franklin, born Jan. 17, 1706.

Capricorn (Dec. 22 – Jan. 19) “I believe I have omitted mentioning that, in my first voyage from Boston, being becalm’d off Block Island, our people set about catching cod, and hauled up a great many. Hitherto I had stuck to my resolution of not eating animal food, and on this occasion consider’d, with my master Tryon, the taking every fish as a kind of unprovoked murder, since none of them had, or ever could do us any injury that might justify the slaughter. All this seemed very reasonable. But I had formerly been a great lover of fish, and, when this came hot out of the frying-pan, it smelt admirably well. I balanc’d some time between principle and inclination, till I recollected that, when the fish were opened, I saw smaller fish taken out of their stomachs; then thought I, ‘If you eat one another, I don’t see why we mayn’t eat you.’” A change of perspective may lead to a shift in your habits of consumption.

Aquarius (Jan. 20 – Feb. 18) “Tolerate no uncleanness in body, clothes or habitation.” It’s a good week for some winter cleaning.

Pisces (Feb. 19 – March 20) “So convenient a thing it is to be a reasonable creature, since it enables one to find or make a reason for everything one has a mind to do.” Be alert to rationalizations.

Aries (March 21 – April 19) “Eat not to dullness. Drink not to elevation.” Put away the chocolate pudding.

Taurus (April 20 – May 20) “I began now to have some acquaintance among the young people of the town, that were lovers of reading, with whom I spent my evenings very pleasantly; and gaining money by my industry and frugality, I lived very agree-

ably, forgetting Boston as much as I could, and not desiring that any there should know where I resided, except my friend Collins, who was in my secret, and kept it when I wrote to him.” It’s a good time to double down on your reading list. Maybe even join a book group.

Gemini (May 21 – June 20) “My brother had, in 1720 or 1721, begun to print a newspaper. I remember his being dissuaded by some of his friends from the undertaking, as not likely to succeed, one newspaper being, in their judgment, enough for America.” Have you considered starting a blog?

Cancer (June 21 – July 22) “Use no hurtful deceit. Think innocently and justly; and, if you speak, speak accordingly.” Don’t be manipulative. It’ll probably only backfire anyway.

Leo (July 23 – Aug. 22) “Make no expence but to do good to others or yourself; i.e., waste nothing.” You’ll find useful stuff in the darnedest places.

Virgo (Aug. 23 – Sept. 22) “Be not disturbed at trifles or at accidents common or unavoidable.” That’s 18th-century for don’t sweat the small stuff, which should be your motto this week.

Libra (Sept. 23 – Oct. 22) “Let all your things have their places. Let each part of your business have its time.” Don’t try to multitask. Do stay organized.

Scorpio (Oct. 23 – Nov. 21) “Lose no time. Be always employed in something useful. Cut off all unnecessary actions.” Before you go repeating that same old thing you do, ask yourself if you’re wasting your energy, and if you have the guts to do something different instead.

Sagittarius (Nov. 22 – Dec. 21) “Resolve to perform what you ought. Perform without fail what you resolve.” Do the right thing. If you’re not sure what that is, ask.

NITE SUDOKU

Conceptis Sudoku

By Dave Green

4	3		6			2		8
	5	8			4			
								7
1			4		3			
				7				
			2		6			4
9								
			5			7	1	
8		4			7		3	2

Difficulty Level ★★★

1/17

SU DO KU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Last week's puzzle answers are below

1/10

2	3	7	8	6	1	9	5	4
6	4	8	5	2	9	7	1	3
1	9	5	4	3	7	8	6	2
7	5	9	6	1	2	4	3	8
3	6	4	9	7	8	1	2	5
8	1	2	3	4	5	6	7	9
5	8	3	1	9	6	2	4	7
4	7	1	2	8	3	5	9	6
9	2	6	7	5	4	3	8	1

Difficulty Level ★★★

1/10

“Mixology” — take two ingredients and stir.

Across

- 1 Chill, as with your homies
- 5 Perro’s housemate
- 9 Champion skier Phil
- 14 Epps of “House”
- 15 Tortilla’s cousin
- 16 How storybooks are read
- 17 Long-running PBS show
- 18 Stud stakes
- 19 Describes in words
- 20 Chess computer + thick directory?

23 More up to it

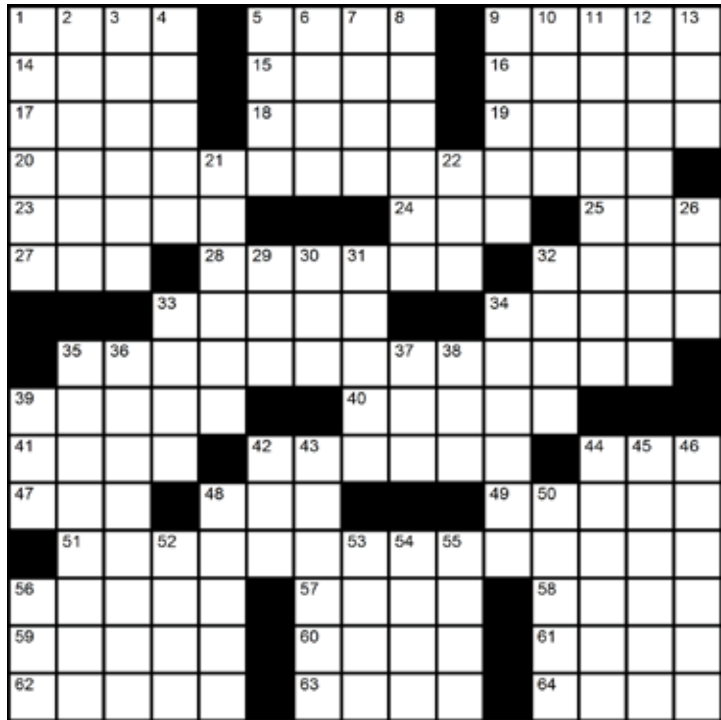
- 24 Like some January forecasts
- 25 Obedience school command
- 27 Carrier based in Sigtuna, Sweden
- 28 News notices
- 32 Bop on the head
- 33 Hit, in olden times
- 34 Samuel on the Supreme Court
- 35 Source of wealth + source of mozzarella?
- 39 Ready to rest
- 40 Seize
- 41 Award given by a cable station
- 42 Aziz of “Parks and Recreation”
- 44 They house engines, for short
- 47 Biblical verb ending
- 48 ___ standstill

49 Toto’s type of terrier

- 51 Colorful bubbly + Dallas Mavericks shooting guard?
- 56 Home of Jumeirah Beach
- 57 Hot rock
- 58 Figure on a car sticker
- 59 Insts. of higher learning
- 60 Corporate honcho
- 61 Take ___ from
- 62 Gives the thumbs-up to
- 63 Benedict of “The A-Team”
- 64 His ___ (cribbage term; anagram of SNOB)

22 They can crash

- 26 Ring decision
- 29 Lucy of “Elementary”
- 30 Airport abbr.
- 31 Picture puzzle
- 32 Put your hands together
- 33 “Ghost Hunters” network
- 34 Continent home to the world’s newest nation
- 35 Genre for Talking Heads and Killing Joke
- 36 Class including salamanders and toads
- 37 Olympics chant
- 38 Teddy bear exterior
- 39 Average grade
- 42 Place where you need a PIN
- 43 Completely got
- 44 Total disaster
- 45 Marinade alternative
- 46 Website to see if your favorite urban legend is really true
- 48 “Prelude to ___”
- 50 Jordan’s capital
- 52 Army’s football rival
- 53 Skirt length
- 54 Done with
- 55 Fire
- 56 The Swell Season, e.g.



1/10



Down

- 1 Fit and Civic
- 2 “The Far Side” organism
- 3 Subjects of gazing
- 4 Trix flavor
- 5 Metal band known for its foam costumes
- 6 Duncan appointed to the Obama cabinet
- 7 “Damages” actor Donovan
- 8 Gift giver’s command
- 9 Peninsula in SE Asia
- 10 Sacha Baron Cohen character
- 11 It’s reached after returning from a long journey
- 12 Meets by chance
- 13 Mag workers
- 21 One of 26 for Stevie Wonder

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• **Arts** — Send information on exhibits, theatrical productions, classical music events, art and theater classes and auditions to arts@hippopress.com. You can also reach her by phone at 625-1855 ext. 12.

• **Books** — Send information on book-related events (including author events, book clubs, poetry events and more) to Kelly Sennott at arts@hippopress.com. Books submitted for review will not be returned. Books can be submitted for review or mention to Book Editor, The Hippo, 49 Hollis St., Manchester, NH, 03104. Books submitted will be considered for review but are not guaranteed review or mention.

• **Food** — Send information about new restaurants, new menus, new chefs, chef and restaurant awards, food events, wine tastings, beer and wine making, cook-offs and other food competitions to food@hippopress.com

• **Listings** — Send information on events and classes for kids, continuing education for adults, fitness and health classes and events, local museum events and exhibits, volunteer needs and more to listings@hippopress.com. Please send information intended for listings section at least two weeks before the publication date (Hippo publishes every Thursday) before the event. Please note that due to space constraints, not all listings run every week.

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• **News** — Send information about new businesses, political events and other items intended for the news section to jmucciarone@hippopress.com. You can also reach him at 625-1855 ext. 36.

Not sure who to send it to? You can also contact editor Amy Diaz at adiatz@hippopress.com or call 625-1855 ext. 29.

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Send letters to the editor to news@hippopress.com. Include your name, address and phone number for verification. Letters will be edited for size and will appear in our occasional comments section.

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NEWS OF THE WEIRD BY CHUCK SHEPHERD

Jails need locks too?

“Fulton Jail Will Get Working Cell Locks,” read the Dec. 19 Atlanta Journal-Constitution headline. The county commission serving Atlanta had finally voted to break a longstanding 3-3 tie that prevented buying new jailhouse locks — even while knowing that inmates could jimmy the old ones at will and roam the facilities, threatening and assaulting suspects and guards. The three recalcitrant commissioners were being spiteful because a federal judge had ordered various improvements to the jail, costing \$140 million so far, and the three vowed to spend no more. The 1,300 replacement locks will cost about \$5 million but will not be installed right away.

The entrepreneurial spirit

• The Chinese fashion designer “Ms. Lv” told China Newsweek in November that her sales had “quintupled” since she began using her 72-year-old grandfather to model her clothing styles for girls. “(It’s) helping my granddaughter,” Liu Xianping said. “I’m very old,” he said, and “I have nothing to lose.”

• Leading a “jerky renaissance” is Krave, a Sonoma, Calif., company creating non-traditional flavors such as turkey jerky and jerky flavored with basil citrus or lemon garlic. Actually, Krave points out, jerky is rich in protein, with low calories and fat (but with, admittedly, sky-high sodium) and could be reasonably pitched as a healthy snack. However, jerky’s main obstacle (a Krave competitor’s CEO told The Wall Street Journal in September) is “jerky shame,” in which some male consumers remain mortified that their girlfriends might see them enjoying the snack.

Science on the cutting edge

• Behold, the “McGyver” Spider: Biologist Phil Torres, working from the Tambopata national park in Peru, revealed in December that he had witnessed a tiny Cyclosa spider construct a replica of an eight-legged spider in a web made of leaves, debris and dead insects. Since the real spider was found nearby, Torres hypothesized that the wily arachnid had built a decoy to confuse predators.

• Artist Maria Fernanda Cardoso, already known for her “circus” of performing fleas at Australia’s Sydney Festival 10 years ago, has since become a legitimate academic expert on the sex organs of fleas and other insects. She debuted the Museum of Copulatory Organs last year near Sydney, teaching visitors such esoterica as: In many insect species, females are promiscuous; snails are hermaphrodites in which one shoots sperm “darts” that form rigid chastity-belt-like blockages on his mate; and a

male flea copulates for eight hours straight (but only mates three times in his life).

Awe-inspiring animals

A team of French researchers writing recently in the journal PLOS ONE described a species of European catfish, growing to a length of five feet, that feeds itself pigeons by lunging out of the water (“cat”-like) and snatching them, even if the leap carries it to shore. Like Argentinian killer whales, the catfish are able to remain on land for a few seconds while wriggling back into the water where they can enjoy their meal. The lead researcher said he filmed 54 catfish attacks, of which 15 were successful.

Leading Economic Indicators

Another “Airline-Pricing” Model: The Jiangdu District kindergarten recognizes that providing a quality education requires supporting the child emotionally as well as helping develop reading and other skills, and toward that end, it now requires teachers to hug each pupil twice a day — provided that the parent has paid the monthly “hugging fee” of the equivalent of about \$12.80. An education agency investigation is under way, according to a December Shanghai Daily report, but one teacher defended the trial program as boosting a child’s confidence and establishing a “good mood” for learning.

Perspective

• Tufts University opened America’s first animal obesity clinic at its veterinary hospital in North Grafton, Mass., in September, to supply nutrition information and to help

owners develop weight-loss regimens for their pets. Without treatment, veterinarians told the Tufts Daily newspaper, pet obesity can lead to pancreatitis, joint disorders and skin disease. One of its first clients was a golden retriever (a breed known for its desire to run but also known for its adaptability to non-running lifestyles), who now requires \$90 prescription dog food — though the owner reports that his best friend has lost eight pounds and is thus almost halfway to his goal of 87.

• First-World Crisis: Researchers writing in the December issue of the journal Urology reported a “five-fold increase” over 10 years in emergency room visits for accidents caused by pubic-hair “grooming.” Unsurprisingly, 83 percent of all injuries appeared to be shaving accidents, but only 56 percent of the patients were women, according to a summary of the research on MedicalXPress.com.

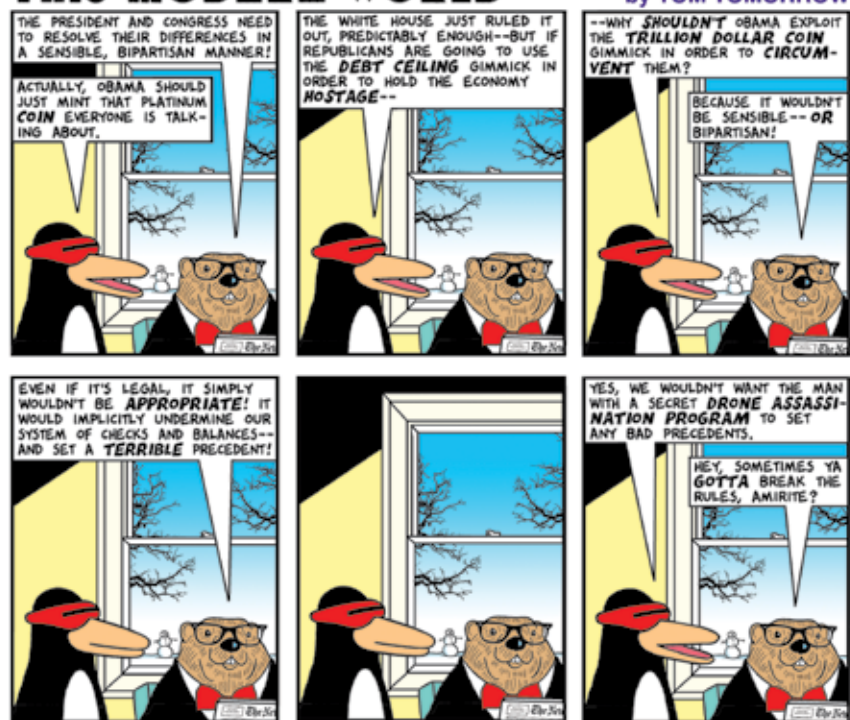
Readers’ Choice

(1) Unlucky Gary Haines, 59, was arrested in December in Charlotte County, Fla., after he was spotted stealing a trailer by hitching it to his own truck and driving off with it. The “spotter” was the trailer’s owner, David Zehntner, who was out flying in his private plane and happened to be passing over his property at the moment Haines was hitching up. He easily followed Haines from the air and called in Haines’ destination to police.

Are you ready for News of the Weird Pro Edition? Every Monday at newsftheweird.blogspot.com and weirduniverse.net.

THIS MODERN WORLD

by TOM TOMORROW



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